

# Elementary Winter Menu Nov. 5-March 1, 2019



## PRICES

### Breakfast

**FREE: \$0**

**REDUCED: \$0**

**FULL PAID: \$1.50**

**ADULTS &**

**SIBLINGS \$2.50**

Monday	Tuesday	Wednesday	Thursday	Friday
Multigrain Cereal	Multigrain Cereal	Multigrain Cereal	Multigrain Cereal	Multigrain Cereal
Bagel & Cream Cheese Breakfast Bar	French Toast Sticks Country Pizza Pie	Fresh Baked Muffin Top	Fresh Baked Wheat Cinnamon Roll	Fresh Baked Muffin
Yogurt and Granola	Breakfast Sandwich for GF	Waffle & Sausage Patty Breakfast Sandwich for GF	Yogurt and Granola	Breakfast Sandwich for GF

**Served Daily**

**Full Moon Cheese or Red Rocket Pepperoni Pizza**  
GARDEN BAR SERVED FOR LUNCH DAILY W/ SEASONAL FRESH FRUITS & VEGETABLES AND IS OFFERED WITH A MILK VARIETY

### Lunch

**FREE: \$0**

**REDUCED: \$.0**

**PAID: \$2.70**

**Adults &**

**Siblings \$3.75**

Chico Chicken Chunks w/Tots	Beef Taco w/ Tortilla Chips	Asian Orange Chicken w/Rice	Turkey Gravy & Mashed Potatoes w/ Roll	Spaghetti W/ Breadstick
Macaroni & Cheese	Chicken Burger	Hamburger Cheese Burger	Corn Dog	Hamburger Cheese Burger
PB&J Sandwich W/ Sunflower Seeds	Corn Dog	Bean & Cheese Burrito <b>COOKIE</b>	Yogurt, String Cheese & Granola	PBJ W/ Sunflower Seeds

**ITEMS IN GREEN ARE AVAILABLE IN A GLUTEN FREE OPTION FOR STUDENTS WITH A MEDICAL MEAL ACCOMODATION FORM SIGNED BY A PHYSICIAN ON FILE**

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## National Days

Nov. 11 Veterans Day (National Holiday)

Dec. 1 Eat a Red Apple Day

Dec. 4 Sock Day

Dec. Oatmeal & Muffin Day

Dec. Science Fiction Day

Jan. 15 Hat Day

Feb. Wear Red Day

Feb. 7 Send a Friend a Card Day

Feb. 11 Make a Friend Day

# eatfit

wanna stay fit?  
gotta eat right!

**item:** guacamole

**verdict:** the dip-to-chip ratio matters

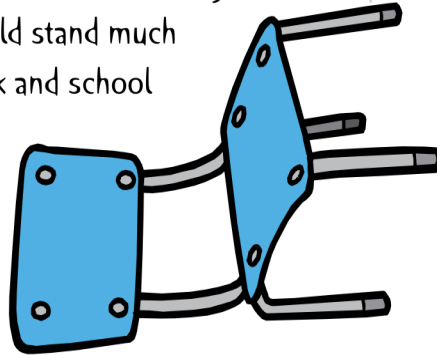
**tip:** It's football playoff time, leading up to the Super Bowl, and that means you won't be able to avoid guacamole if you try! So don't try!!! Guac is a really healthy snack, full of fiber and nutritious plant fat. Really, it's the chips that get you – so load up lots of guac per chip and eat fewer chips!



Based on 4 oz. of guac from a national chain

# TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Teens sit for 4.5 hours a day at school – and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

## Feel Free to Hit the Snooze



A little extra time in the morning can mean finishing that last bit of homework . . . or getting a few more minutes of sleep! Nutrition Services can help streamline your mornings by offering your kids a healthy, convenient and economical alternative for their school-day nutrition. So why not take advantage of this great service? Encourage your kids to join us for breakfast and lunch at school every day!

**COME JOIN US!!**



THE LOWEST AND THE HIGHEST PLACES IN THE CONTINENTAL UNITED STATES ARE BOTH IN CALIFORNIA AND ARE **LESS THAN 100 MILES APART!** THE DESERT FLOOR AT BADWATER, CA IN **DEATH VALLEY NATIONAL PARK** SITS AT 279 FEET **BELOW** SEA LEVEL. JUST 84.6 MILES AWAY, **MOUNT WHITNEY** RISES 14,505 FEET **ABOVE** SEA LEVEL!

**STRANGE BUT TRUE!**



Source: Geographer