

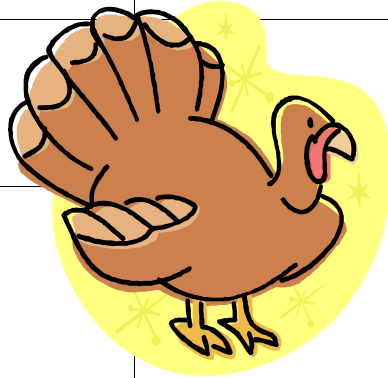


November 2009
 Marysville Joint Unified School District
 ELEMENTARY LUNCH MENU

Mon	Tue	Wed	Thu	Fri
2 <i>Teacher Work Day</i> <i>NO SCHOOL</i>	3 <i>Bean & Cheese Burrito with Salsa</i> <i>Tortilla Chips</i> <i>Fresh Fruit</i>	4 <i>Baked Chicken Corn & Carrots</i> <i>WW Roll</i> <i>Fresh Fruit</i>	5 <i>Chili Dog</i> <i>Potato Rounds</i> <i>Fruit Cup</i>	6 <i>Pepperoni or Cheese Pizza</i> <i>Fresh Baked Cookie</i> <i>Fruit Snack & Salad</i>
9 <i>Teriyaki Dunkers</i> <i>Oriental Rice</i> <i>Carrot Sticks</i> <i>Fruit Snack & Cookie</i>	10 <i>Spaghetti with Meat Sauce</i> <i>Salad & WW Roll</i> <i>Fruit Cup</i>	11 <i>Veterans Day</i>  <i>NO SCHOOL</i>	12 <i>Chili Cheese Nachos & Salsa</i> <i>Bear Graham</i> <i>Fresh Fruit</i>	13 <i>Pepperoni or Cheese Pizza</i> <i>Fresh Baked Cookie</i> <i>Fruit Snack & Salad</i>
16 <i>Vegetarian Gordita</i> <i>Graham Cookie</i> <i>Sherbet Cup</i>	17 <i>Chicken Strips</i> <i>Potato Wedges</i> <i>Fresh Fruit</i>	18 <i>Turkey & Gravy</i> <i>Mashed Potatoes</i> <i>Green Beans & Roll</i> <i>Sherbet Cup</i>	19 <i>Deli Sandwich</i> <i>Pickle Spear</i> <i>Fresh Fruit</i>	20 <i>Pepperoni or Cheese Pizza</i> <i>Turkey Spice Cookie</i> <i>Fruit Snack & Salad</i>
THANKSGIVING RECESS NOVEMBER 23—NOVEMBER 27, 2009				
30 <i>Turkey Corn Dog</i> <i>Potato Rounds</i> <i>Munchies Mix</i> <i>Fresh Fruit</i>				



Just the Facts

Fresh kiwis are the most nutrient-dense of all fruits.

Kiwis grow on vines that can be as high as 30 feet.

Kiwis are actually a berry.



The skin of a kiwi is edible, but not very appealing to most people.



Family Tips for Eating More Fruits and Vegetables

1. Dip apples, pears, plums, or celery into peanut butter.
2. Heat cinnamon applesauce and spread on a toasted English Muffin.
3. Stir chopped veggies into low-fat cream cheese and spread on a bagel.
4. Drink 100% juice instead of soda.

A choice of Milk offered with all lunches. Please enjoy your salad bar. Many different fruits and vegetables await your selection. Some of these choices may be from local farmers.

Lunch Prices: Full pay \$1.00 Reduced \$.40 Milk .25 *MENU SUBJECT TO CHANGE