

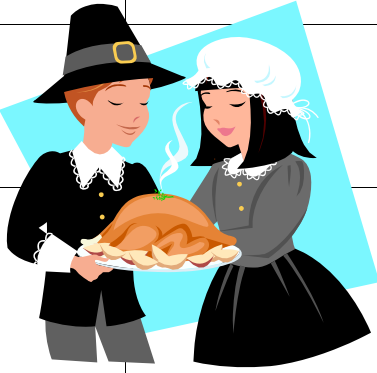


November 2009
Marysville Joint Unified School District
INTERMEDIATE LUNCH MENU



Mon	Tue	Wed	Thu	Fri
2 <i>Teacher Work Day</i> NO SCHOOL	3 <i>Bean & Cheese</i> <i>Burrito with Salsa</i> <i>Tortilla Chips</i> <i>Fresh Fruit</i>	4 <i>Baked Chicken</i> <i>Corn & Carrots</i> <i>WW Roll</i> <i>Fresh Fruit</i>	5 <i>Chili Dog</i> <i>Potato Rounds</i> <i>Fruit Snack</i> <i>Graham Cookies</i>	6 <i>Taco Pocket</i> <i>Kettle Corn</i> <i>Crunchies</i> <i>Fruit Cup</i>
9 <i>Egg Roll</i> <i>Oriental Rice</i> <i>Fortune Cookie</i> <i>Flat Fruit Snack</i>	10 <i>Spaghetti with</i> <i>Meat Sauce</i> <i>Salad & WW Roll</i> <i>Fruit Cup</i>	11 <i>Veterans Day</i>  NO SCHOOL	12 <i>Chili Cheese</i> <i>Nachos & Salsa</i> <i>Bear Graham</i> <i>Fresh Fruit</i>	13 <i>Cheese Steak</i> <i>Sandwich</i> <i>Buffalo Sticks</i> <i>Fruit Cup</i>
16 <i>Vegetarian Gordita</i> <i>Munchies Mix</i> <i>Fruit Cup</i>	17 <i>Chicken Strips</i> <i>Potato Wedges</i> <i>WW Roll</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>Sherbet Cup</i>	20 <i>Turkey Burger</i> <i>Lettuce & Tomato</i> <i>Turkey Spice Cookie</i> <i>Fruit Cup</i>
THANKSGIVING RECESS NOVEMBER 23—NOVEMBER 27, 2009				
30 <i>Cheeseburger</i> <i>Potato Wedges</i> <i>Bear Graham</i> <i>Fresh Fruit</i>				

Reasons to Eat Kiwis

Two medium kiwis contain: Excellent amounts of Vitamin C, providing 60 milligrams per serving — that's 230 percent of the recommended Daily Value. The richest source of lutein among fruits and vegetables. Lutein is a phytonutrient proven to be effective in reducing the risk of cancer.

Both soluble and insoluble fiber, which help protect against heart disease, cancer and diabetes.

Copper, a mineral that supports infant growth, bone strength, brain development and the building of a strong immune system.

Potassium, which helps control blood pressure and heart health. A single serving of kiwi outranks bananas as the top low-sodium, high-potassium fruit.

Folate, magnesium and Vitamin E — all offering health benefits that range from bone formation to protection against birth defects and cancer.



A choice of Milk offered with all lunches. Additional choices are available on our Combo line. Please enjoy your salad bar. Many different fruits and vegetables await your selection. Some may be from local farmers.

Lunch Prices: Full pay \$1.25 Reduced \$.40 Milk .25 *MENU SUBJECT TO CHANGE

