

Roseville City School District

USDA is an equal opportunity provider and employer. Menus are subject to change.

Monday, November 3

<u>Breakfast</u>

COUNTRY BREAKFAST BURRITO OR CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH (FRENCH TOAST STICKS, HASHBROWN & YOGURT) OR TURKEY & CHEESE

Tuesday, November 4

Breakfast

CHEESY BREADSTICKS OR CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
BEEF & CHEESE TACO

Wed., November 5

Breakfast

SUNRISE BREAKFAST SANDWICH OR CONTINENTAL BREAKFAST

Lunch

BEAN & CHEESE BURRITO
OR
CHEESEBURGER
& FRIES

WITH LIBERTY

Friday, November 7

Breakfast

CINNAMON ROLL OR CONTINENTAL BREAKFAST

<u>Lunch</u>

BEAN & CHEESE PUPUSA OR CRUNCHY FISH STICKS & CHIPS

COOKIE

Season's Gr(EAT)ings

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!

Nation's History

USTICE

n the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Monday, November 10

SANDWICH



No School Today

Tuesday, November II



Veteran's Day No School Today

Wed., November 12

Breakfast

MINI WAFFLES OR CONTINENTAL BREAKFAST

Lunch

MACARONI & CHEESE
OR
CHICKEN SANDWICH

Thursday, November 13

Thursday, November 6

Breakfast

MINI PANCAKES

OR

CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS

OR

TURKEY & GRAVY

AND MASHED POTATOES

Breakfast CINNI MINI

OR CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS OR ORANGE CHICKEN RICE BOWL

Friday, November 14

Breakfast

FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch

GRILLED CHEESE
SANDWICH
OR
CHICKEN TENDERS

COOKIE





Monday, November 17

Breakfast

COUNTRY BREAKFAST **BURRITO** OR CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH (FRENCH TOAST STICKS. HASHBROWN & YOGURT) OR TURKEY & CHEESE SANDWICH

Tuesday, November 18

Breakfast

CHEESY BREADSTICKS OR CONTINENTAL BREAKFAST

Lunch CHEESE PIZZA

OR **BEEF & CHEESE TACO**

Wed., November 19

Breakfast

SUNRISE BREAKFAST SANDWICH OR

CONTINENTAL BREAKFAST

Lunch

BEAN & CHEESE BURRITO **CHEESEBURGER** & FRIES

Thursday, November 20

Breakfast

MINI PANCAKES OR CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS OR **TURKEY & GRAVY** AND MASHED POTATOES

Friday, November 21

Breakfast

CINNAMON ROLL CONTINENTAL BREAKFAST

Lunch

CHEF'S CHOICE

COOKIE

The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that also entered English around 1400. "Fall" came into use mksgwwg as a complement to "spring" in the 17th century -- just as North America was being settled by the British. The English-speaking people in England mostly stuck with 'autumn" while their distant cousins preferred "fall." ENJOY YOUR HOLIDAY! SEE YOU MONDAY! And that's why, to this day, this is the only season we

have two words for!



There's not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has "berry" right there in its name, so it's fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar -- a measly 1/4 cup contains 6 teaspoons of sugar. That's an entire day's worth!

TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!



Watermelon

How about purple carrots? White Asparagus? Pink bananas? Blue corn? Black tomatoes?!!! Lots of fruits and veggies come in colors you

might not be used to. But they're still delicious and good for you!