

#### **Roseville City School District**

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

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.

USTICE

Nation's History

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#### Monday, November 3

#### <u>Breakfast</u>

COUNTRY BREAKFAST BURRITO OR CONTINENTAL BREAKFAST

#### **Lunch**

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

SANDWICH

#### 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

MACARONI & CHEESE OR CHEESEBURGER & FRIES

#### Thursday, November 6

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#### **Breakfast**

MINI PANCAKES OR CONTINENTAL BREAKFAST

#### Lunch

CHEESY BREADSTICKS
OR
TURKEY & GRAVY
AND MASHED POTATOES

#### Friday, November 7

LIBERTY

#### **Breakfast**

CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

#### Lunch

BEAN & CHEESE PUPUSA OR CRUNCHY FISH STICKS & CHIPS

COOKIE

#### AVAILABLE DAILY

Every complete meal we serve comes with the choice of entrée, fruit or vegetable sides and your choice of low fat white or chocolate milk.

Other daily LUNCH options: DELI SANDWICH LARGE SALAD PIZZA (select varieties)

#### Monday, November 10



#### NO School Today

#### Tuesday, November II



Veteran's Day No School Today

#### Wed., November 12

#### Breakfast

MINI WAFFLES OR CONTINENTAL BREAKFAST

#### Lunch

BEAN & CHEESE BURRITO OR CHICKEN SANDWICH

#### Thursday, November 13

#### 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

#### <u>Lunch</u> CHEESE PIZZA OR

BEEF & CHEESE TACO

#### Wed., November 19

#### **Breakfast**

SUNRISE BREAKFAST SANDWICH OR CONTINENTAL BREAKFAST

#### Lunch

MACARONI & CHEESE OR CHEESEBURGER & FRIES

#### Thursday, November 20

#### **Breakfast**

MĪNI PANCAKES OR Continental Breakfast

#### Lunch

CHEESY BREADSTICKS
OR
TURKEY & GRAVY
AND MASHED POTATOES

#### Friday, November 21

#### Breakfast

CINNAMON ROLL OR CONTINENTAL BREAKFAST

#### Lunch

BEAN & CHEESE PUPUSA OR CRUNCHY FISH STICKS & CHIPS

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 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."
And that's why, to
this day, this is the
only season we
have two words for!

# TRANKS GUULGENON YOUR HOLIDAY! SEE YOU MONDAY!

### Default fruit.



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 ½ cup contains 6 teaspoons of sugar. That's an entire day's worth!



CRANBER

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

