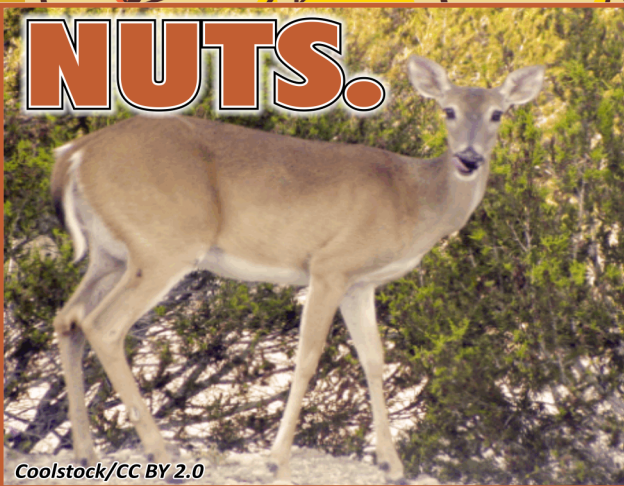


# Menus for November 2019

Roseville City School District

RCS D is an equal opportunity provider.  
Menus are subject to change.

## NUTS.



Coolstock/CC BY 2.0

White-tailed deer live in most of the U.S., and if they're in your neck of the woods, you know that they'll eat just about anything! But they have one particular favorite food: **ACORNS**. These nuts from oak trees provide deer with a perfect package of protein, carbohydrates, calories, and fiber. Deer like them so much that acorns can make up 75% of everything they eat in fall and early winter!

ANIMAL APPETITES

### Featured Specials of the Day

**Friday, November 1st**

**NO SCHOOL  
TEACHER  
WORK DAY**

**Monday, November 4**

CHICKEN NUGGETS  
OR  
GRILLED CHEESE SANDWICH

**Tuesday, November 5**

BEEF TACO  
OR  
CHEESE BREAD STICKS WITH MARINARA SAUCE

**Wednesday, November 6**

BBQ CHICKEN DRUMSTICK  
OR  
BREAKFAST FOR LUNCH

**Thursday, November 7**

TURKEY & GRAVY WITH MASHED POTATOES  
OR  
WHOLE WHEAT VEGETABLE PASTA

**Friday, November 8**

CORN DOG  
OR  
MACARONI & CHEESE

## 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 SANDWICHES**

**LARGE SALADS**

**PIZZA (selected varieties)**

**And other Chef's Choices**

**SCHOOL LUNCH COST \$3.25**

**GET YOUR MORNING OFF TO A  
GREAT START! BREAKFAST IS  
SERVED DAILY  
AND ONLY COST \$1.25**

**Pay for meals on-line at  
EZSchoolPay.com**

**Apply on-line for free and reduced-  
price meals at [www.EZMealApp.com](http://www.EZMealApp.com)**

**74 BY THE NUMBERS**  
AMERICANS EAT FOR 74 MINUTES  
EACH DAY, UP TO 60 MINUTES LESS  
THAN THE AVERAGE EUROPEAN.

Please See Reverse for  
Items Available Daily

Featured Specials of the Day

Monday, November 11

**NO SCHOOL  
VETERAN'S DAY**

Tuesday, November 12

BEEF TACO  
OR  
CHEESE BREAD STICKS WITH MARINARA SAUCE

Wednesday, November 13

TERIYAKI CHICKEN DRUM STICK  
OR  
BEAN & CHEESE BURRITO

Thursday, November 14

ORANGE CHICKEN BOWL  
OR  
WHOLE WHEAT VEGETABLE PASTA

Friday, November 15

BEEF HOT DOG  
OR  
MACARONI & CHEESE

Thanks  
giving

**NO SCHOOL  
NOVEMBER 25TH-  
NOVEMBER 29TH!!**

Monday, November 18

CHICKEN NUGGETS  
OR  
GRILLED CHEESE SANDWICH

Tuesday, November 19

SPICY CHICKEN SANDWICH  
OR  
CHEESE BREAD STICKS WITH MARINARA SAUCE

Wednesday, November 20

BBQ CHICKEN DRUMSTICK  
OR  
BREAKFAST FOR LUNCH

Thursday, November 21

TURKEY & GRAVY WITH MASHED POTATOES  
OR  
WHOLE WHEAT VEGETABLE PASTA

Friday, November 22

CORN DOG  
OR  
MACARONI & CHEESE

**STRANGE  
BUT TRUE!**

LOTS OF OTHER ANIMALS BESIDES DEER LOVE ACORNS. BUT IF ALL THE ACORNS GET EATEN, WHERE WILL NEW OAK TREES COME FROM? DON'T WORRY -- **THE OAK TREES HAVE A PLAN!** MOST YEARS, THE TREES PRODUCE A FAIRLY SMALL CROP OF ACORNS, WHICH MEANS THE ACORN-EATERS WILL HAVE LESS FOOD TO GO AROUND AND FEWER OFFSPRING. THEN, THE TREES WILL HAVE **WHAT'S KNOWN AS A "MAST" YEAR**, WHEN THEY PRODUCE HUGE NUMBERS OF ACORNS - FAR MORE THEN THE SMALLER POPULATION OF ACORN-LOVERS CAN EAT, SO MORE ACORNS **HAVE A CHANCE TO BECOME SEEDLINGS AND MATURE OAKS!**



**eatfit** wanna stay fit?  
gotta eat right!

**verdict:** heed the horn

This time of year, you see a lot of images of what's called a **"cornucopia,"** a.k.a. a **"horn of plenty."** Ever notice what it's **PLENTY** full of? Fruits and whole grains and nuts and veggies!

**Just like  
your plate  
should be!**

