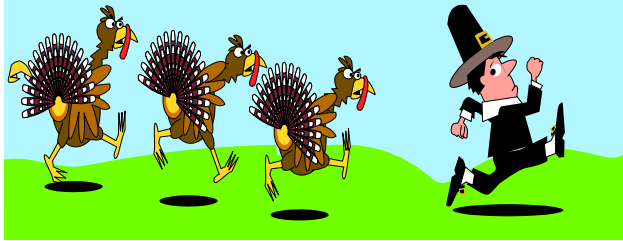


WELC November 2009



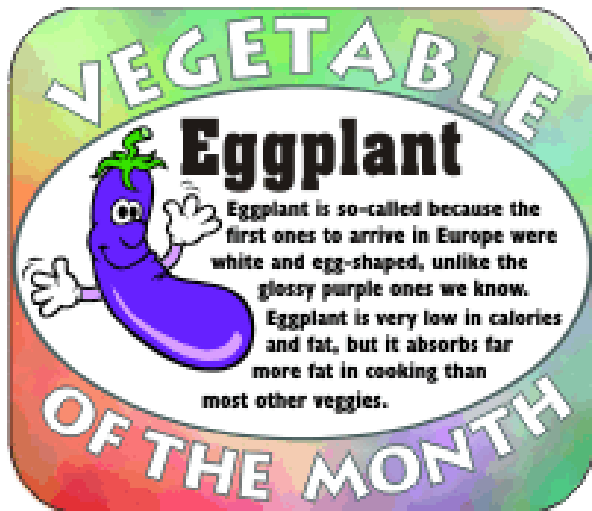
Menu Prices

	<u>Breakfast</u>	<u>Lunch</u>
Elementary :	\$1.00	\$2.00
Secondary:	\$1.00	\$2.25

Breakfast: Fruit or fruit juice and cereal choices served with each meal.
Lunch: 1/2 pint of milk served with each meal.

Ice Cream	.50
Milk	.50
Snacks	.50

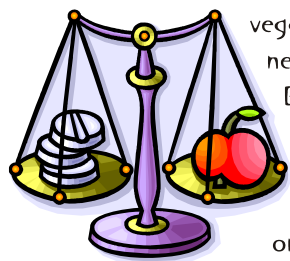
In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, State law, and the Maryland State Department of Education policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability and retaliation.



MON., NOV. 2	TUES., NOV. 3	WED., NOV. 4	THURS., NOV. 5	FRI., NOV. 6
BREAKFAST Cinnamon Bageler	BREAKFAST Strawberry Pop Tart	BREAKFAST Yogurt w/ Elf Graham	BREAKFAST Cereal Bar	BREAKFAST French Toast Sticks
LUNCH Hot Dog on Bun Deli Turkey Sandwich	LUNCH Grilled Chicken Patty Sandwich Ham & Cheese Wrap	LUNCH BBQ Rib Sandwich Deli Ham Sandwich	LUNCH Beef Egg Roll Turkey Club Sandwich	LUNCH Cheeseburger Cold Cut Sub
Baked Beans Pears	Macaroni & Cheese Kale Peaches	Corn Fresh Fruit	Green Beans Pineapple	Glazed Carrots Applesauce
A	B	C	D	E
MON., NOV. 9	TUES., NOV. 10	WED., NOV. 11	THURS., NOV. 12	FRI., NOV. 13
BREAKFAST Cereal w/ Graham Crackers	BREAKFAST Apple Muffin	BREAKFAST Breakfast Bun	BREAKFAST Cinnamon Cream Cheese Breadstick	BREAKFAST Blueberry Pop Tart
LUNCH Hot Dog on Bun Burrito	LUNCH Sloppy Joe on Bun Turkey Cheese Sub	LUNCH Cheese Pizza Deli Ham Sandwich	LUNCH Lasagna w/ Italian Bread Turkey Club Sandwich	LUNCH Cheeseburger Turkey & Cheese Wrap
Vegetable Sticks w/ Dip Peaches	Peas Hot Spiced Apples	Succotash Pineapple	Garden Salad Applesauce	Corn Fresh Fruit
F	A	B	C	D
MON., NOV. 16	TUE., NOV. 17	WED., NOV. 18	THURS., NOV. 19	FRI., NOV. 20
BREAKFAST Yogurt w/ Elf Grahams	BREAKFAST Cereal Bar	BREAKFAST French Toast Sticks	BREAKFAST Apple Muffin	BREAKFAST Cereal w/ Graham Crackers
LUNCH Honey BBQ Wings w/ Dinner Roll Deli Turkey Sandwich	LUNCH Baked Ziti w/ Breadstick Ham & Cheese Wrap	LUNCH Grilled Chicken Patty Sandwich Burrito	LUNCH Roast Turkey n Gravy Deli Style Ham Sandwich	LUNCH Cheeseburger Ham & Cheese Sub
Baked Beans Pineapple	Garden Salad Applesauce	Corn Mandarin Oranges	Mashed Potatoes Green Beans Fruited Jello	Peas Pears
E	F	A	B	C

BALANCING ACT.

Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits,



veggies, and grains might need a daily vitamin.

But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Wicomico County School Nutrition program is excited to participate in Maryland's Team Nutrition grant "School Wellness Teams: Empowering Maryland's Children to Make Healthy Choices and be Physically Active." **Four elementary schools:** Glen Avenue, Northwestern, Pinehurst and Willards will be the focus this year.

MON., NOV. 23	TUE., NOV. 24	WED., NOV. 25	THURS., NOV. 26	FRI., NOV. 27
<p>BREAKFAST Breakfast Bun</p> <p>LUNCH Grilled Chicken Patty Sandwich Deli Ham Sandwich</p> <p>Green Beans Peaches</p> <p>D</p>	<p>BREAKFAST Cream Cheese Bagel</p> <p>LUNCH PBJ Sandwich w/ String Cheese Deli Turkey Sandwich</p> <p>Corn Assorted Fruit</p> <p>E</p>	<p>SCHOOLS CLOSED FOR THANKSGIVING</p>		
MON., NOV. 30	TUE., DEC. 1	WED., DEC. 2	THURS., DEC. 3	FRI., DEC. 4
<p>BREAKFAST Strawberry Pop Tart</p> <p>LUNCH Italian Meatball Sub Turkey & Cheese Wrap</p> <p>Peas Applesauce</p> <p>F</p>	<p>BREAKFAST Yogurt w/ Elf Grahams</p> <p>LUNCH Cheeseburger Cold Cut Sub</p> <p>Succotash Peaches</p> <p>A</p>	<p>BREAKFAST Cereal Bar</p> <p>LUNCH Soft Taco w/ Toppings Turkey Club Sandwich</p> <p>Corn Fresh Fruit</p> <p>B</p>	<p>BREAKFAST French Toast Sticks</p> <p>LUNCH Cheese Pizza Deli Ham Sandwich</p> <p>Green Beans Apple Crisp</p> <p>C</p>	<p>BREAKFAST Blueberry Muffin</p> <p>LUNCH Grilled Chicken Patty Sandwich Ham & Cheese Sub</p> <p>Garden Salad Pears</p> <p>D</p>



Choice of milk served with all complete meals:
 Lowfat Chocolate, Lowfat White,
 & Nonfat White

SUCCESS: Every Student, Every Day



Fruits and Vegetables are an excellent source of Vitamins A & C and Fiber! Some Fall Fruits and Vegetables that are in season are:

- Apples, Bok Choy, Broccoli, Brussels Sprouts, Butternut Squash, Cauliflower, Chayote Squash, Cherimoya, Cranberries, Diakon Radish, Grapes, Guava, Huckleberries, Mushrooms, Pears, Persimmons, Pineapple, Pumpkin, Quince, Winter Squash.