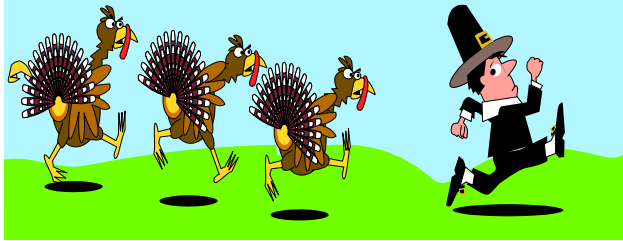


MMFA November 2009



Menu Prices

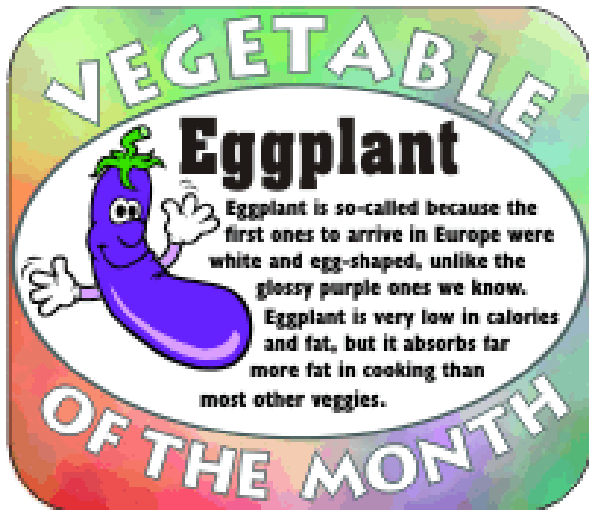
	Breakfast	Lunch
Elementary :	\$1.00	\$2.00

Secondary:	\$1.00	\$2.25
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Breakfast: Fruit or fruit juice and cereal choices served with each meal.	Lunch: 1/2 pint of milk served with each meal.
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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

BREAKFAST

Apple Muffin

LUNCH

Pork Dippers w
Dipping Sauce n Dinner Roll
Hot Dog on Bun

Baked Beans
Cole Slaw
Pears

A

TUES., NOV. 3

BREAKFAST

Cinnamon French Toast

LUNCH

Grilled Chicken Patty
Sandwich
Fish Sandwich

Macaroni & Cheese
Kale
Peaches

B

WED., NOV. 4

BREAKFAST

Sausage Biscuit

LUNCH

Pepperoni Pizza
Deli Style Turkey Sandwich

Corn
Broccoli
Fresh Fruit

C

THURS., NOV. 5

BREAKFAST

Cereal w/ Graham Crackers

LUNCH

Beef Egg Roll
Golden Chicken Patty
Sandwich

Stir Fry Oriental
Vegetables
Steamed Rice
Pineapple

D

FRI., NOV. 6

BREAKFAST

Strawberry Pop Tarts

LUNCH

Popcorn Chicken w/
Dinner Roll
Cheeseburger

Green Beans
Glazed Carrots
Applesauce

E

MON., NOV. 9

BREAKFAST

Breakfast Bun

LUNCH

Chicken Fajita Wrap
Hot Dog on Bun

French Fries
Vegetable Sticks w/ Dip
Peaches

F

TUES., NOV. 10

BREAKFAST

Pecan Roll Ups

LUNCH

Sloppy Joe on Bun
Cheesesteak Sub

Potato Rounds
Cole Slaw
Hot Spiced Apples

A

WED., NOV. 11

BREAKFAST

Cereal w/ Graham Crackers

LUNCH

Cheese Pizza
Deli Style Ham Sandwich

Kale
Succotash
Pineapple

B

THURS., NOV. 12

BREAKFAST

Cinnamon Cream Cheese
Breadstick

LUNCH

Lasagna w/ Italian Bread
Turkey Club Sandwich

Garden Salad
Peas
Applesauce

C

FRI., NOV. 13

BREAKFAST

French Toast Sticks

LUNCH

Shrimp Poppers
w/ Dinner Roll
Cheeseburger

Corn
Green Beans
Fresh Fruit

MON., NOV. 16

BREAKFAST

Blueberry Pop Tarts

LUNCH

Honey BBQ Wings w/
Dinner Roll
Cheesesteak Sub

Baked Beans
Cole Slaw
Pineapple

E

TUE., NOV. 17

BREAKFAST

Funnel Waffle

LUNCH

Baked Ziti w/ Breadstick
Grilled Chicken Patty
Sandwich

Garden Salad
Peas
Applesauce

F

WED., NOV. 18

BREAKFAST

Cereal w/ Graham Crackers

LUNCH

Cheese Pizza
Turkey & Cheese Wrap

Corn
Kale
Mandarin Oranges

A

THURS., NOV. 19

BREAKFAST

Yogurt w/ Elf Grahams

LUNCH

Roast Turkey w/
Dressing n Gravy
Deli Style Ham Sandwich

Mashed Potatoes
Green Beans
Cranberry Sauce
Fruited Jello

B

FRI., NOV. 20

BREAKFAST

Apple Muffin

LUNCH

Cheeseburger
Turkey Salad Sub

French Fries
Broccoli
Pears

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!

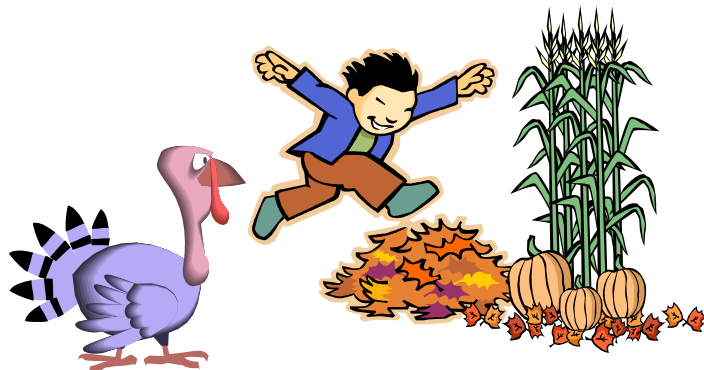
Wicomico County School Nutrition program is excited to participate in Maryland's Team Nutrition grant "School Wellness Teams: Empowering Maryland's Children to Make Healthy Choices and be Physically Active." **Four elementary schools:** Glen Avenue, Northwestern, Pinehurst and Willards will be the focus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

MON., NOV. 23	TUE., NOV. 24	WED., NOV. 25	THURS., NOV. 26	FRI., NOV. 27
<p>BREAKFAST Cinnamon French Toast</p> <p>LUNCH Chicken Nuggets w/ Dinner Roll Fish Sandwich</p> <p>Orange Glazed Sweet Potatoes Green Beans Peaches</p> <p>D</p>	<p>BREAKFAST Cereal w/ Graham Crackers</p> <p>LUNCH Cheese Pizza PBJ Sandwich w/ String Cheese</p> <p>Corn Broccoli 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 Tarts</p> <p>LUNCH Cheesesteak Sub Italian Meatball Sub</p> <p>French Fries Cole Slaw Applesauce</p> <p>F</p>	<p>BREAKFAST Cream Cheese Bagel</p> <p>LUNCH Chicken Tenders w/ Dinner Roll Cheeseburger</p> <p>Potato Rounds California Blend Peaches</p> <p>A</p>	<p>BREAKFAST Sausage Biscuit</p> <p>LUNCH Taco w/ Toppings Fish Sandwich</p> <p>Corn Broccoli Fresh Fruit</p> <p>B</p>	<p>BREAKFAST Cereal w/ Graham Crackers</p> <p>LUNCH Cheese Pizza Tuna Salad Sub</p> <p>Confetti Spaghetti Green Beans Apple Crisp</p> <p>C</p>	<p>BREAKFAST Blueberry Muffin</p> <p>LUNCH Mozzarella Sticks w/Sauce Deli Style Turkey Sandwich</p> <p>Garden Salad Succotash 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.