



November 2017 Birch Grove Primary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DON'T FORGET</p>  <p>SUNDAY, NOVEMBER 5th</p>		<p>1</p> <p>Mini Ravioli with Meatballs & Cheesy Garlic Breadsticks</p> <p>Chicken Tender Wrap</p> <p>Celery Sticks</p>	<p>2 Early Release PTC</p> <p>Mini Corn Dog Nuggets</p> <p>Turkey & Cheese Sandwich with Fun Size Chips</p> <p>Fresh Baked Sweet Potato, with cinnamon spread</p>	<p>3</p> <p>NO SCHOOL PTC</p>
<p>6</p> <p>Pizza Dippers with Marinara Sauce</p> <p>Yogurt Parfait with a Soft Pretzel</p> <p>Green Beans</p>	<p>7</p> <p>Popcorn Chicken with a Soft Roll</p> <p>Grilled Cheese Sandwich</p> <p>Baked Beans</p>	<p>8</p> <p>Pasta & Meatballs with Cheesy Garlic Breadsticks</p> <p>Ham Sandwich with fun-sized chips</p> <p>Broccoli Salad</p>	<p>9</p> <p>Freshly Made White or Red Pizza</p> <p>Tangerine Chicken Asian Rice Bowl</p> <p>Roasted Carrot Fries</p> <p>Jello with Whipped Cream</p>	<p>10</p> <p>Fun Shaped Chicken Nuggets with a Roll</p> <p>***New***</p> <p>Fish Sticks with a side of Macaroni & Cheese</p> <p>Corn Salad</p>
<p>13</p> <p>Cheese or Veggie Pizza</p> <p>Scrambled Eggs & Pancakes with freshly made blueberry sauce</p> <p>Vegetable Medley</p>	<p>14</p> <p><u>Holiday Feast</u></p> <p>Roast Turkey & Gravy, Whipped Potatoes, Butternut Squash Dinner Roll, Cranberry Sauce Chilled Milk</p> <p><i>Blueberries with whipped cream</i></p>	<p>15</p> <p>Mini Ravioli with Meatballs & Cheesy Garlic Breadsticks</p> <p>Tuna Sandwich on a Goldfish Roll with Goldfish Pretzels</p> <p>Broccoli Trees with Dressing</p>	<p>16</p> <p>Hot Dog on a Bun</p> <p>Cheeseburger on a Bun</p> <p>Anthony's 3-Bean Salad</p>	<p>17</p> <p>Chicken Nuggets with a Soft Pretzel</p> <p>Yogurt & Bagel Plate</p> <p>Chilled Confetti Peas & Corn</p>

Veteran's Day November 11th



AVAILABLE DAILY

Each meal includes an entrée with a whole grain, a choice of vegetables (students may select two), a variety of fruits and low-fat or fat-free milk (plain or flavored). Each child must select at least three of the five components including a fruit or vegetable to create a meal.

Without a fruit or vegetable, a la carte prices must be charged for each item.

All Main Dish Grain Items Are Whole Grain Rich!

LUNCH PRICE \$ 2.65

ALA CARTE MILK .60

Menus may change without notice.

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<p>20</p> <p>Freshly Made Cheese or Veggie Pizza</p> <p>Cereal & Yogurt Plate</p> <p>Garlic Parmesan Green Beans</p>	<p>21</p> <p>Hot Dog on a Bun</p> <p>French Toast with Sausage</p> <p>Baked Beans</p>	<p>22</p> <p>Thanksgiving Break</p>	<p>23</p> <p>Thanksgiving Break</p>	<p>24</p> <p>Thanksgiving Break</p>	<p>Happy Holidays</p> 
<p>27</p> <p>Mozzarella Sticks with Marinara Dipping Sauce</p> <p>Cinnamon Dutch Waffle with Fruited Cream</p> <p>Sliced Cucumbers</p>	<p>28</p> <p>Chicken Patty on a Soft Bun</p> <p>Yogurt & Muffin Plate</p> <p>Herbed Chick Pea Salad</p>	<p>29</p> <p>Mini Ravioli with Meatballs & Cheesy Garlic Breadsticks</p> <p>Turkey Sandwich with fun-sized chips</p> <p>Fruited Spinach Salad</p>	<p>30</p> <p>Mini Corn Dog Nuggets</p> <p>Pepperoni or Cheese Pizza</p> <p>Butternut Squash</p> <p>Birthday Cookie Treat</p>	<p>Season's Gr(EAT)ings.</p> <p>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!</p>  <p>EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!</p>	



**Breakfast at Birch Grove Primary School is available daily
in the cafeteria for students and staff**

This month we will be featuring a number of new items including
Hot Mini Cinnamon French Toast Squares and Maple Madness Waffles
Kids will love the mini size, they are so yummy and easy to eat with the syrup baked inside

We are also serving slices of delicious Pumpkin Bread and Cinnamon Crumb Cake

Try School Breakfast Today!

SEE THE BREAKFAST MENU ON THE NEXT PAGE

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BIRCH GROVE PRIMARY SCHOOL BREAKFAST MENU AVAILABLE FROM 8:30-8:50

PICK UP IN THE CAFETERIA AND BRING TO YOUR CLASSROOM TO EAT!



Students must select at least three out of four food items offered including one fruit or fruit juice:

1. **Milk** ~ Choice of one serving of either skim, low fat white, or nonfat flavored milk.
2. **Fruit** ~ May take one fruit juice and one fruit *or* two fruits but must select at least one or the other. Choices include 100% fruit juice, fresh, cupped or dried fruit.

TYPICAL CHOICES LISTED BELOW – Not all items available every day

Students may select one or two of the following items, depending on the offerings of the day

3. **Bread/Grains** ~ assorted whole grain cereal (daily), whole grain bagel, cereal bars, whole grain muffins and breads, breakfast buns, waffles, pancakes or French toast
4. **Protein Choices** ~ Chicken Sausage, eggs, cheese sticks, yogurt, sunflower or pumpkin seeds

Breakfast is \$1.75 for full paying students, .30 for those qualifying for reduced meals and free for those qualifying for free meals. Students may use their meal account to purchase breakfast.

Menu subject to change

This institution is an equal opportunity employer