

Menus for November 2021

GANADO UNIFIED SCHOOL DISTRICT # 20

This institution is an equal opportunity provider. Menus are subject to change.

YOU'RE GOOD
ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

GANADO FOOD SERVICE DEPARTMENT

Just one thing . . .

As we've been telling you for over a year now, all meals are no charge for all students every school day all year long. But, to clear up any confusion, we need to remind everyone that that means every student can get one free meal at breakfast and one at lunch every day. What that doesn't mean is that we're now an all-you-can-eat buffet. According to the regulations we have to follow, we can only feed you one no-cost meal at each meal time. So one free breakfast. One free lunch. For every student. Every day. All year long. We hope you're taking advantage of this great program. and, trust us, we love seeing your smiling face - twice a day.

School Meals
We serve education every day™

Monday, November 1

Breakfast

Breakfast Sandwich,
Pineapple Tidbits,
Assorted Milk

Lunch

Taco Soup
WG Tortilla Chips
Spanish Rice
Diced Pears
MS,HS: Broccoli
Assorted Milk
HS/MS Alternate Choice

Tuesday, November 2

Breakfast

PB & Jelly Sand. OR
Hot Cereal, Asst. Juice,
Banana, Assorted Milk

Lunch

Chicken Nuggets
Dinner Roll
Mixed Vegetables
Applesauce
Assorted Milk
HS/MS Alternate Choice

Wednesday, November 3

Breakfast

Western omelet
Quesadilla, Salsa,
Diced Pears, Apple,
Assorted Milk

Lunch

Beef Burrito
Brown Rice
Romaine Salad
Fresh Fruit
Assorted Milk
HS/MS Alternate Choice

Thursday, November 4

Breakfast

WG Bagel, Cream
Cheese, Orange Juice,
Orange Smiles,
Assorted Milk

Lunch

BBQ Chicken
Seasoned Brown Rice
Green Beans
Diced Pears
Assorted Milk
HS/MS Alternate Choice

Friday, November 5

Breakfast

French Toast, Syrup,
Sausage Patty,
Applesauce,
Assorted Milk

Lunch

Hamburger (PS/IS)
Sloppy Joe (MS/HS)
French Fries
Baked Beans
Fruit Mix
Assorted Milk
HS/MS Alternate Choice

Monday, November 8

Breakfast

Cinnamon Crisp,
Assorted Yogurt,
Sliced Peaches,
Assorted Milk

Lunch

Pepperoni Pizza
Romaine Salad
Ranch Dressing
Diced Pears
Assorted Milk
HS/MS Alternate Choice

Tuesday, November 9

Breakfast

Hot OR Cold Cereal,
Graham Cracker, Asst.
Juice, Fresh Grapes,
Assorted Milk

Lunch

Pork Pozole
WG Flatbread
Steamed Broccoli
Fruit Salad
Assorted Milk
HS/MS Alternate Choice

Wednesday, November 10

Breakfast

Breakfast Burrito,
Salsa, Applesauce,
Assorted Milk

Lunch

Chicken Drumsticks
WG Bread Slice
Mashed Potato w/
Gravy
Mixed Vegetables
Fresh Fruit
Assorted Milk
HS/MS Alternate Choice

Thursday, November 11

District Close

Thank You



★ VETERANS' DAY NOVEMBER 11 ★

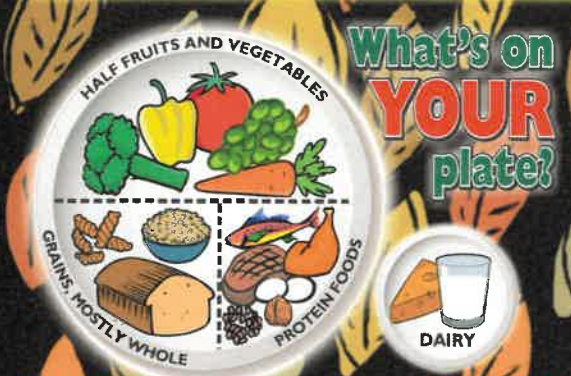
Friday, November 12

Breakfast

Brown Rice Or Cold
Cereal, Scramble Eggs,
Apple, Asst. Milk

Lunch

BBQ Pulled Pork
On Hamburger Bun
Ranch Style Beans
Corn on Cob
Fresh Fruit
Assorted Milk
HS/MS Alternate Choice



What's on **YOUR** plate?

What-a-melon!

You might ask, "What is this watermelon doing wearing a big pink bow and sitting on a gold throne?"

More importantly, you might ask, "Why is this watermelon square?!!!"

These square melons debuted in Japan as a trendy gift, selling for around \$200 each.

They're grown in boxes to get the cube shape, and they're meant to be ornamental, and most often they are not meant to be eaten, just admired!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

THANKSGIVING FEAST

Please join us!

All the trimmings!



November 18 & 19 due to (A)(B) Schedule

Monday, November 15

Breakfast

Blue Mush, Sausage patty, Asst. Juice, strawberries w/Banana Assorted Milk

Lunch

Hotdog on a Bun
Ranch Beans
Baby Carrots
Diced Pears, Apple
Assorted Milk
HS/MS Alternate Choice

Tuesday, November 16

Breakfast

Breakfast Burrito, Applesauce, Orange, Assorted Milk

Lunch

Pork Pozole
WG Fry Bread
Romaine Salad
Ranch Dressing
Fresh Orange
Assorted Milk
HS/MS Alternate Choice

Wednesday, November 17

Breakfast

Cold Cereal, WG Pop-Tart, Diced Pears, Fresh Apple, Assorted Milk

Lunch

Frito Chili Pie
Lettuce, Cheese, Tomato
Fresh Apple
Diced Peaches
Assorted Milk
(Remote Day)

Thursday, November 18

Breakfast

Banana Muffin, Scrambled Eggs, Diced Peaches, Assorted Milk

Lunch

Turkey Roast
Mashed Potato w/Gravy
Green Beans
Cranberry
Pumpkin Pie
WG Lunch Roll
HS/MS Alternate Choice

Friday, November 19

Breakfast

WG Biscuit, Country Gravy, Banana, Apple Juice, Assorted Milk

Lunch

Turkey Roast
Mashed Potato w/Gravy
Green Beans
Cranberry
Pumpkin Pie
WG Lunch Roll
HS/MS Alternate Choice

November 22-26, 2021

NO LUNCH

Thanksgiving Holiday Begins Today!

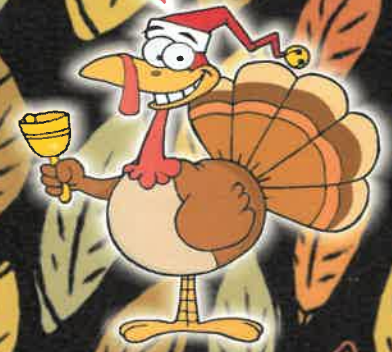


WARM AND SOAPY.

You wash your hands to get rid of germs - and water alone can't do that. You need soap and warm water to rinse away bacteria. So soap up your hands, pull them out of the water stream and rub them all over for at least ten or fifteen seconds, and then rinse off.



Only 15 more school days 'til Winter Break!



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

Monday, November 29

Breakfast

Breakfast Taco, Salsa, Apple Juice, Fresh Grapes, Asst. Milk

Lunch

Native Taco w/Fry Bread
Lettuce, Cheese, Tomato
Fruit Mix
Salsa
Assorted Milk
HS/MS Alternate Choice

Tuesday, November 30

Breakfast

WG Pancake, Syrup, Sausage, Sliced Apple, PB, Assorted Milk

Lunch

Baked Chicken
Season Brown Rice
WG Lunch Roll
Steamed Carrots
Diced Pears
Assorted Milk
HS/MS Alternate Choice

ABOVE and BEYOND



If the state of Alaska were placed inside the continental United States, it would stretch from coast to coast and from Canada to Texas. At their closest point, Alaska and Russia are only 55 miles apart.

STALACTITE
Hangs from the Ceiling of a cave - contains the letter "c"

Underground caves contain cool formations called "stalactites" and "stalagmites." They form when water seeps through the ground and drips from the cave ceiling.

There are caves you can tour in almost every state. You're probably no more than a few hours away from one!

Grows from the Ground of a cave - contains the letter "g"

STALAGMITE