
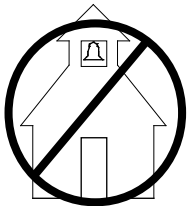
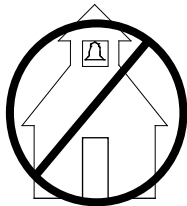
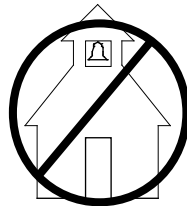



NOVEMBER HIGH SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	French Toast Sticks Sausage Links Turkey Gravy on Biscuit Alt. Choice: <i>Italian Hot Pocket</i> Glazed Carrots Tropical Fruit Mix <div style="text-align: right;">1</div>	Ready-To-Eat Cereal Zoo Animal Crackers Popcorn Chicken Alt. Choice: <i>Crispito</i> Winter Blend Veggies/Cheese Pears Dinner Roll <div style="text-align: right;">2</div>	Pancake & Sausage Bites Beefburger on Bun Alt. Choice: <i>Grilled Chicken on Bun</i> Baked Beans Pineapple Tidbits Chili Cheese Fritos <div style="text-align: right;">3</div>	Cinnamon Raisin Biscuit Homemade Sausage Pizza Alt. Choice: <i>Homemade Cheese Pizza</i> California Blend Applesauce Chocolate Pudding Cup <div style="text-align: right;">4</div>
Ready-To-Eat Cereal Cinn. Apple Bear Graham Flamebroil on Bun Alt. Choice: <i>Chicken Patty on Bun</i> Mixed Vegetables Peaches Rice Krispie Treat <div style="text-align: right;">7</div>	Oatmeal Pancakes Ham Patty Chicken Drummie Alt. Choice: <i>Beef Nuggets</i> Mashed Potatoes & Gravy Strawberries Spicey Muffin <div style="text-align: right;">8</div>	Sun Morning Mixups Cherry Vanilla Yogurt Potato Crunch Fish Sticks Alt. Choice: <i>Mini Corn Dogs</i> Green Beans Mixed Fruit Assorted Grahams <div style="text-align: right;">9</div>	Cocoa Puffs Cereal Bar Colby Jack Cheese Stick Grilled Chicken on Bun Alt. Choice: <i>Hot BBQ Pork on Bun</i> Peas Mandarin Oranges Curious George Fruit Snacks <div style="text-align: right;">10</div>	Ready-To-Eat Cereal Mini Donuts Tony's W.G. Cheese Stick Alt. Choice: <i>Grilled Cheese</i> Tomato Soup Cheddar Goldfish Fresh Apples Slices Soy Butter Cup <div style="text-align: right;">11</div>
Ready-To-Eat Cereal Cinnamon Graham Stick W.G. Pepperoni French Bread Alt. Choice: <i>Pizza Dippers Marinara Sauce</i> California Blend Mandarin Oranges Jungle Cookies <div style="text-align: right;">14</div>	Belgium Waffle Sticks Smokies Hot Dog on Pretzel Bun Alt. Choice: <i>Ribwich on Pretzel Bun</i> Baked Beans Potato Salad <div style="text-align: right;">15</div>	Apple Frudel String Cheese Chicken Patty on Bun Alt. Choice: <i>Stuffed Crust Sausage Pizza</i> Corn Fresh Apple Slices <div style="text-align: right;">16</div>	Biscuit Soy Butter Soft Shell Beef Tacos Alt. Choice: <i>Chicken Fajita</i> Lettuce & Cheese Cups Pineapple Apple Churro <div style="text-align: right;">17</div>	Blueberry Muffin Cottage Cheese Oven Roasted Turkey Alt. Choice: <i>Oven Roasted Ham</i> Traditional Stuffing Mashed Potatoes & Gravy Fruit Cup <div style="text-align: right;">18</div>
Mini Cinnis Colby Jack Cheese Stick Fiestada Pizza Alt. Choice: <i>Chicken Tenders</i> California Blend Peaches Cinnamon Graham Sticks <div style="text-align: right;">21</div>	Ready-To-Eat Cereal Bug Bites Chicken Nuggets Alt. Choice: <i>Cook's Choice</i> Broccoli w/ Cheese Mandarin Oranges Chocolate Chunk Muffin <div style="text-align: right;">22</div>	 NO SCHOOL	 NO SCHOOL	 NO SCHOOL
Ready-To-Eat Cereal Elf Graham Rich's Mozzarella Sticks Marinara Sauce Cup Alt. Choice: <i>Tony's Cheese Sticks</i> Buttered Carrots Pears Cocoa Krispie Bar <div style="text-align: right;">28</div>	Cole's Cinnamon Stick Burrito - Beef, Bean & Chili Alt. Choice: <i>Chicken Quesadilla</i> Spanish Rice Peas Hot Apples <div style="text-align: right;">29</div>	Blueberry Bagel Cream Cheese Tenderloin on Bun Alt. Choice: <i>Flamebroil on Bun</i> Green Beans Peach Cup Cheddar Sun Chips <div style="text-align: right;">30</div>		

Cold Sandwich & Health Salad Available Daily with Sides, Plus Training Bar • Main Dish & Alternate Choice Available Daily • All Meals Served with Milk • All Breakfast Meals Served with Fruit and/or Juice

LUNCH PRICES

5-12\$2.10

Reduced ... \$.40

Milk.....\$.30

Adult Lunch.....\$3.00

BREAKFAST PRICES

5-12....\$1.00

Reduced ... \$.30

Adults.....\$1.35

A REMINDER...

Free and reduced meal applications are available throughout the year in all schools. Be sure and contact us if you need assistance. Please make checks for lunch payable to Marshalltown School Food Service or MSFS. Menus may be changed without notice. MCSD Food Service is an equal opportunity provider.

Nutrition Connection

10
tips
Nutrition
Education Series

be a healthy
role model for children

10 tips for setting good examples




You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example
Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together
 Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen
Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone
Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.


5 reward with attention, not food
Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

6 focus on each other at the table
Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.


7 listen to your child
If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

8 limit screen time
Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity
Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.


10 be a good food role model
Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

Go to www.ChooseMyPlate.gov for more information.