

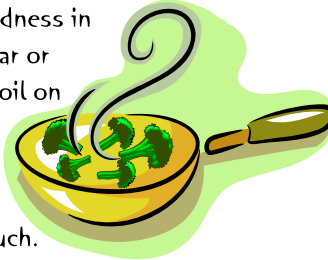
Menus for November 2011

Wyandanch UFSD
Milton L. Olive
Middle School



DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



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



Cheese is a big source of fat in a typical American's diet. A bagel sandwich with lean ham, scrambled egg, and one slice of American cheese contains about 12 grams of fat and 5 grams of saturated fat. The same bagel without cheese contains 6 grams of fat and 1 gram of saturated fat.

A TASTY MORSEL FOR PARENTS

This institution is an equal opportunity provider.

Tuesday, Nov 1

Breakfast
Cheesy Eggs on a WW Biscuit

Lunch
Fish Sticks
BBQ Rib Sandwich
Brown Rice
Mixed Vegetable Saute

Wed, Nov 2

Breakfast
Grits w/ww Toast

Lunch
Spaghetti & Meatsauce
Italian Vegetable Blend
Steamed

Thursday, Nov 3

Breakfast
Ultimate Breakfast Round / Asst Bagels

Lunch
Dominoes White Whole Wheat Pizza/Crinkle Fries
Hot Ham & Ch on a Bagel
Mixed Greens

Friday, Nov 4

Breakfast
Mini Waffles w/Sausage
Mini Muffins

Lunch
Chicken Nuggets
Vegetable Brown Rice
Sausage and Peppers

NOVEMBER BIRTHDAYS

Stephen Crane -- Nov. 1
Benjamin Banneker -- Nov. 9
Ryan Gosling (31) -- Nov. 12
Rachel McAdams (33) -- Nov. 17
Macy's Day Parade (85) -- Nov. 24
Abigail Adams -- Nov. 22



AVAILABLE DAILY

Breakfast
Graham Crackers with Cereal
Fresh Fruit in Season

Lunch
Assorted Cold Cut Sandwiches
Fresh Wheat Rolls/Salad Bar Tues-Thurs
Chilled Fruit in Lite Syrup
Breakfast & Lunch

Monday, Nov 7

Breakfast
Fruity Oatmeal w/Assorted Rolls

Lunch
Burger Bar
Pickles, Sauteed Onions Slaw
Confetti Rounds
(Sweet Potato and White Potato Rounds)

No School Today 11/8

We are still processing applications, please contact (631)870-0520 to confirm receipt of your application!!

Wed, Nov 9

Breakfast
Cinnamon Raisin Pretzels/ Bagel Bruschetta

Lunch
Dominoes White Whole Wheat Pizza/Tater Tots
Meatball Hero
Mixed Greens

Thurs, Nov 10

Breakfast
French Toast Sticks

Lunch
Assorted Cold Heros let, tom
Fiesta Corn Salad

NO SCHOOL

Veterans Day

PLEASE JOIN US IN SAYING THANKS TO THOSE WHO HAVE SERVED THE CAUSE OF FREEDOM

I am the letter

C

cranberries

Word of the Month

char·i·ta·ble

adj. 1. full of love for and goodwill toward others 2. Generous to those in need 3. merciful or kind in judging others