

November 2018

Auburndale School District Breakfast Menu

Monday

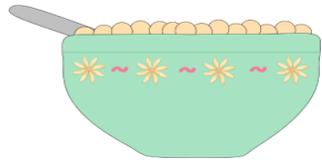
Tuesday

Wednesday

Thursday

Friday

	October 30 Cereal or Sausage Breakfast Pizza, fruit, orange juice, milk	October 31 Cereal or Scrambled Eggs, fruit, Bug Bites & milk	1 Cereal or French Toast Sticks, fruit, orange juice, syrup, milk	2 Cereal or Maple Eggo Waffles, fruit, string cheese, syrup, milk
5 Cereal or Cinnamon Eggo Waffle, string cheese, fruit, syrup, milk	6 Cereal or Mini Strawberry Pancakes, milk, fruit, orange juice, syrup, milk	7 Cereal or Pancake and Sausage on Stick, fruit, yogurt, milk	8 Cereal or Bacon Breakfast Pizza, fruit, orange juice, milk	9 Cereal or Omelet, fruit, yogurt, Bug Bites, milk
12 Cereal or Mini Maple Pancakes, fruit, orange juice, syrup, milk	13 Cereal or Breakfast Wrap, fruit, Scooby Grahams, milk	14 Cereal or Scrambled Eggs, fruit, Bug Bites, milk	15 Cereal or Pancake and Sausage on Stick, fruit, string cheese, milk	16 Cereal or Egg & Cheese Slider, fruit, yogurt, milk
19 Cereal or Mini Strawberry Pancakes, fruit, yogurt, syrup, milk	20 Cereal or Sausage Breakfast Pizza, fruit, orange juice, syrup, milk	21  No School Thanksgiving Break	22 	23  No School Thanksgiving Break
26 Cereal or Cinnamon Eggo Waffle, string cheese, fruit, syrup, milk	27 Cereal or Mini Strawberry Pancakes, fruit, orange juice, syrup, milk	28 Cereal or Pancake and Sausage on Stick, fruit, yogurt, milk	29 Cereal or Bacon Breakfast Pizza, fruit, orange juice, milk	30 Cereal or Omelet, fruit, Bug Bites, milk



Healthier Breakfast Cereal

Your child's first meal of the day can be a healthy one with these tips for cereal lovers:

Read labels.

Go shopping together, and give your youngster words and numbers to look for on cereal packages. They could use a magnifying glass to *spy* a whole grain like oats or whole wheat listed as the first ingredient. Or have them find boxes with 10 grams or less of sugar and 5 grams or more of fiber.

Top with fruit & milk.

Increase the nutrients by encouraging them to try different fruits on their cereal. They might like peaches, blueberries, or dried cranberries, for instance. Then let them pour on fat-free milk

High school options: extra entrée, garden bar, additional fruit, and grain daily

This institution and the USDA are equal opportunity providers.

Menus are subject to change.

November 2018

Auburndale School District Lunch Menu

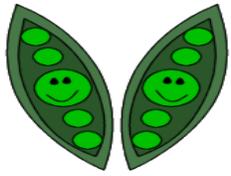
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The highly nutritious legume food group consists of dried beans, lentils and peas. Most dried beans need to be soaked before they are cooked, while lentils, black-eyed peas and split peas don't require this step. Some soybean products come ready-to-eat, including soy nuts and edamame. Among the more commonly served legumes are black beans, black-eyed peas, split peas, chickpeas, kidney beans, lima beans and lentils. Legumes offer high-fiber, high-protein meal choices while also being low in calories and cholesterol. One cup of cooked navy, lima or kidney beans averages approximately 180 calories; the canned varieties are about 250 calories. Cooked lentils and split peas average just under 200 calories per cup. At the same time, legumes contribute between 10 to 20 grams of fiber and 14 to 16 grams of protein per cup.

	<p>October 30 Sub Sandwich, ham, turkey, hoagie bun, sliced cheddar cheese, veggie tray #2 & dip, garden bar#2, baked beans, watermelon, mixed fruit, mayo, mustard, milk</p>	<p>October 31 Italian Pasta Bake, garlic breadstick, carrot coins, pears, veggie tray #1 & dip, garden bar #2, milk</p>	<p>1 Home Style Chicken Noodle Soup, crackers, veggie tray #2 and dip, lettuce, mandarin oranges, rice crispy treat, butter, milk</p>	<p>2 Scrambled Eggs, tater tots, corn, shredded cheddar cheese, dinner roll, lettuce, applesauce, butter, ketchup, milk</p>
<p>5 Italian Chicken Patty, bun, shredded mozz. cheese, hot green peas, spaghetti sauce, veggie tray #1 and dip, garden bar # 2, peaches, milk</p>	<p>6 Mac & Cheese, California blend, veggie tray # 2 and dip, garden bar, applesauce, dinner roll, butter, milk</p>	<p>7 Italian Flat Bread, corn, veggie tray # 1 and dip, garden bar #2, strawberries, pineapple, pizza sauce, milk</p>	<p>8 Chili Con Carne, macaroni, crackers, green beans, garden bar #1, pears, pinto beans, milk</p>	<p>9 Hot Ham & Cheese, bun, coleslaw, baked beans, veggie tray #1 and dip, lettuce, mandarin oranges, milk</p>
<p>12 Hamburger, bun, sliced cheddar cheese, french fries, veggie tray #1 and dip, lettuce, baked beans, pears, onion, sliced tomatoes, ketchup, mustard, milk</p>	<p>13 Meatball Sub, shredded mozz. cheese, veggie tray #2 and dip, lettuce, green beans, applesauce, chocolate chip cookie, milk</p>	<p>14 Cheesy Tacos, tortilla rounds, dinner roll, veggie tray #1 and dip, lettuce, apple, tomatoes, onion, cheese sauce, butter, sour cream, salsa, milk</p>	<p>15 Popcorn Chicken Bowl, shredded cheddar cheese, mashed potatoes, gravy, veggie tray #2 and dip, lettuce, corn, mandarin oranges, milk</p>	<p>16 Omelet, pancake, hash brown, veggie tray #1 and dip, lettuce, peaches, butter, syrup, ketchup, milk</p>
<p>19 Chicken Fajita wrap, tortilla shell, shredded cheddar cheese, baked beans, hot broccoli, pineapple, garden bar #2, salsa, sour cream, milk</p>	<p>20 Turkey & Gravy, mashed potatoes, dinner roll, veggie tray #1 and dip, lettuce, peaches, butter, milk</p>			
<p>26 Mini Corn Dogs, baked beans, dinner roll, veggie tray #1 and dip, lettuce, pineapple, ketchup, mustard, butter, milk</p>	<p>27 Soft Shell Taco, shredded cheddar cheese, garden bar #2, carrot coins, pears, applesauce, salsa, sour cream, milk</p>	<p>28 Chicken & Gravy, biscuit, green beans, veggie tray #2 and dip, lettuce, peaches, milk</p>	<p>29 BBQ Pork Rib, hoagie bun, french fries, mandarin oranges, veggie tray #1 & dip, ketchup, milk</p>	<p>30 Pizza Dipper, corn, peaches, cantaloupe, lettuce, veggie tray #2 and dip, pizza sauce, milk</p>

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