






**LUNCH  
GRADES K-5**

# November 2011

 		We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students. We are striving to serve more products that are lower in fat, sugar and have higher grain and fiber content.			 	
<b>MONDAY</b>		<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
<b>Lunch Prices</b> (includes milk) Paid \$2.00 Reduced .40 Adult 3.00 Milk (8 oz.) .30 Juice (4 oz.) .25		Grilled Cheese Sandwich Potato Rounds Fresh Fruit or Chilled Fruit Cup <p style="text-align: center;"><b>1</b></p>	Cheeseburger on a Bun Oven Crisp French Fries Fresh Fruit or Chilled Fruit Cup <p style="text-align: center;"><b>2</b></p>	Cheese Pizza Fresh Fruit or Chilled Fruit Cup <b>Minute Maid Frozen Juice</b> <p style="text-align: center;"><b>3</b></p>	Bean & Cheese Burrito Spanish Rice Fresh Bunny Luv Carrots w/ Dip Fresh Fruit or Chilled Fruit Cup <p style="text-align: center;"><b>4</b></p>	
Chicken Sticks Oven Crisp Potato Fries Fresh Fruit or Chilled Fruit Cup <b>Choice of Whole Grain Crackers</b> <p style="text-align: center;"><b>7</b></p>		Corn Dog on a Stick Potato Rounds Fresh Fruit or Chilled Fruit Cup <p style="text-align: center;"><b>8</b></p>	Hamburger on a Bun Oven Crisp French Fries Fresh Fruit or Chilled Fruit Cup <p style="text-align: center;"><b>9</b></p>	Pepperoni & Cheese Pizza* Fresh Fruit or Chilled Fruit Cup <b>Luigi's Fruit Sherbet Cup</b> <p style="text-align: center;"><b>10</b></p>	<p><b>No School</b></p>  <p><b>Veteran's Day</b></p> <p style="text-align: center;"><b>11</b></p>	
Breaded Chicken Sandwich Oven Crisp Potato Fries Fresh Fruit or Chilled Fruit Cup <p style="text-align: center;"><b>14</b></p>		Soft Taco w/Flour Tortilla Shredded Lettuce Fresh Fruit or Chilled Fruit Cup <b>Chocolate Muffin</b> <p style="text-align: center;"><b>15</b></p>	Cheeseburger on a Bun Oven Crisp French Fries Fresh Fruit or Chilled Fruit Cup <p style="text-align: center;"><b>16</b></p>	Turkey & Gravy Mashed Potatoes w/ Fresh Roll <b>Fresh Fruit or Chilled Fruit Cup</b> <p style="text-align: center;"><b>17</b></p>	Cheese Pizza Fresh Fruit or Chilled Fruit Cup <b>Minute Maid Frozen Juice</b> <p style="text-align: center;"><b>18</b></p>	
<p><b>THANKSGIVING HOLIDAY / NO SCHOOL NOV. 21ST - 25TH</b></p>						
Chicken Nuggets Oven Crisp Potato Fries Fresh Fruit or Chilled Fruit Cup <b>Choice of Whole Grain Crackers</b> <p style="text-align: center;"><b>28</b></p>		Hot Dog on a Bun Potato Rounds Fresh Fruit or Chilled Fruit Cup <p style="text-align: center;"><b>29</b></p>	Hamburger on a Bun Oven Crisp Fries Fresh Fruit or Chilled Fruit Cup <p style="text-align: center;"><b>30</b></p>	The new 2010 Dietary Guidelines focus on the following tips to help translate the Guidelines into everyday lives: - Enjoy your food, but eat less, avoid oversized portions - Make half your plate fruits and vegetables - Switch to fat-free or low-fat milk - Reduce your sodium intake - Drink water instead of sugary drinks  The 2010 Dietary Guidelines is available at <a href="http://www.dietaryguidelines.gov">www.dietaryguidelines.gov</a>		

**Did you know you can make pre-payments directly to your child's meal account?** Please take advantage of the options to prepay your student's meal accounts. Prepaid meal accounts help the lunch lines go faster and gives students more time to eat, relax, and play. It also gives you the peace of mind of not having to worry about looking for lunch money everyday or worry that it might get lost, stolen or used for things other than lunch. Please ask the school cashier for details or call (562) 690-2318

**Visit our District website for monthly menus @[www.lhcsd.k12.ca.us/food.html](http://www.lhcsd.k12.ca.us/food.html)** Daily menu selections are subject to substitution by items of equal nutritional value as required.