

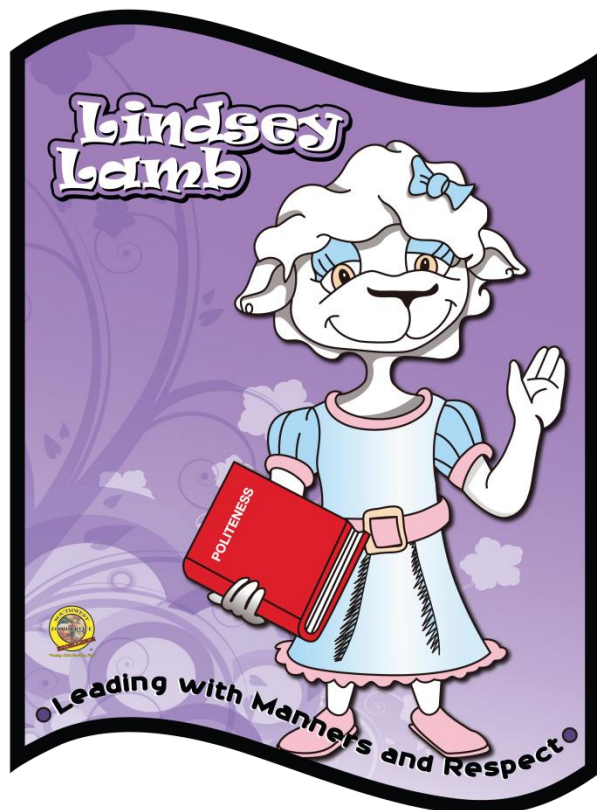


# NOVEMBER 2014

## Elementary Breakfast & Lunch Menus



### LINDSEY LAMB'S NUTRITION FACTS



#### **SLS Food Service Director:**

Althea Albert-Santiago

Phone: 314-345-4519

#### **Director of Dining Services:**

Mike Butler, 314-381-4155

#### **Associate Director of Nutrition**

Megan Fraley, 314-381-4155

#### **Here are 5 ways to get your kids involved in cooking during the Thanksgiving Holidays.**

1. Teach your kids how to be safe in the kitchen and to wash their hands when preparing food
2. Let your kids help you measure and pour ingredients into the bowl while helping them with measurements
3. Allow them to mix and stir batters
4. Have them help clean off fruits and vegetables and toss the dinner salad
5. Let them help you clean up the kitchen and set the table

#### **For more information go to:**

<http://startcooking.com/cooking-with-kids-5-ways-to-get-children-involved-in-the-kitchen>



#### **PUTTING CHILD NUTRITION FIRST!**

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



# SLPS

## ELEMENTARY BREAKFAST

Fresh Fruit and Juice Bar Served Daily!



November 2014

Monday

Tuesday

Wednesday

Thursday

Friday

3- Blueberry Muffin (V)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Applesauce

4- Cinnamon French Toast w/  
syrup (V)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Grape Juice, Pineapple Tidbits

5- Oatmeal (V)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Banana

6- Sausage Bagel Sandwich  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Apple Juice, Sliced Peaches

7- Mini Blueberry Pancakes w/  
syrup (V) Assorted Low Sugar  
Cereal WG  
WG Toast and Margarine/Jelly  
Apple Juice, Diced Pears

10- NO SCHOOL

11- NO SCHOOL

12- Pineapple & Vanilla Yogurt  
Parfait (V)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Banana

13- Egg Scramble with Biscuit (V)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Apple Juice, Sliced Peaches

14- Waffle Sticks w/ syrup (V)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Apple Juice, Pineapple Tidbits

17- Cornbread Square w/ String  
Cheese (V)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Applesauce

18- Ham, Egg & Cheese  
Quesadilla  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Grape Juice, Mandarin Oranges

19- Cinnamon Raisin Bagel w/  
cream cheese (V)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Banana

20- Biscuits & Gravy (V)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Apple Juice, Sliced Peaches

21- Mini Cinni Roll (V)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Applesauce

24- Mini Blueberry Pancakes w/  
syrup (V)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Grape Juice, Pineapple Tidbits

25- Colby Cheese Omelet w/ salsa  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Banana

26- NO SCHOOL

27- **Happy Thanksgiving**

28- NO SCHOOL

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**SFE Associate Director of Nutrition: Megan Fraley 314-381-4155**

SLPS is a pork-free district  
All recipes made with whole grains  
Vegetarian items (V)

### Elementary Menu Meal Prices

Second Lunch Meal ..... \$1.10

Second Breakfast Meal ..... \$1.10

Staff/Adult Lunch ..... \$2.50

Staff/Adult Breakfast..... \$2.25

Milk ..... \$0.40

**Milk**

Reduced Fat Milk Variety  
Offered Daily



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# SLPS

## ELEMENTARY LUNCH

Fresh Fruit and Vegetable Bar Served Daily!



November 2014

Monday

Tuesday

Wednesday

Thursday

Friday

3- Orange Chicken  
Chef Salad w/ Crackers  
Turkey Melt Sandwich  
Fresh Steamed Broccoli  
Fresh Fruit & Salad Bar

4- Cheese Pizza (V)  
Grilled Chicken Wrap WG  
Ham & Cheese Salad  
Green Peas  
Fresh Fruit & Salad Bar

5- Meatball Sub  
Chicken Caesar Salad w/  
Crackers  
Chicken Tenders w/ Roll  
Green Beans  
Fresh Fruit & Salad Bar

6- Garden Salad (V)  
Hamburger  
Southwest Veggie Wrap WG  
(V)  
Cooked Crinkle Cut Carrots  
Fresh Fruit & Salad Bar

7- THANKSGIVING-THEMED  
MEAL

10- NO SCHOOL

11- NO SCHOOL

12- Southwest Chicken Salad  
w/ Crackers  
Spicy Chicken Sandwich  
Bean & Cheese Burrito WG (V)  
Corn Kernels  
Fresh Fruit & Salad Bar

13- Pepperoni Pizza  
Grilled Cheese Sandwich (V)  
Chicken Caesar Salad w/  
Crackers  
Tater Gem  
Fresh Fruit & Salad Bar

14- Hamburger  
Grilled Ham & Cheese  
Sandwich  
Chicken Garden Salad w/  
Crackers  
Cooked Crinkle Cut Carrots  
Fresh Fruit & Salad Bar

17- Grilled Chicken Garden  
Salad w/ Crackers  
Garlic & Herb Veggie Rotini  
(V)  
Chicken Nuggets w/ Roll  
Fresh Steamed Broccoli  
Fresh Fruit & Salad Bar

18- Beef Nachos  
Chicken Patty Sandwich,  
breaded  
Chef Salad w/ Roll  
Corn Kernels  
Fresh Fruit & Salad Bar

19- Macaroni w/ Cheese (V)  
Spicy Chicken Rings w/ Roll  
Ham & Cheese Salad  
Green Beans  
Fresh Fruit & Salad Bar

20- Chicken Caesar Salad w/  
Crackers  
Sweet & Sour Chicken w/ Rice  
Cheeseburger  
Tater Gem  
Fresh Fruit & Salad Bar

21- Sausage Pizza  
Grilled Ham & Cheese  
Sandwich  
Chicken Garden Salad w/  
Crackers  
Cooked Crinkle Cut Carrots  
Fresh Fruit & Salad Bar

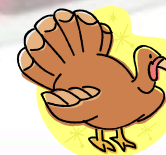
24- Turkey Taco Salad  
Chicken Tenders w/ Roll  
Baked Rotini w/ Vegetables &  
Breadstick (V)  
Fresh Steamed Broccoli  
Fresh Fruit & Salad Bar

25- Southwest Chicken Salad  
w/  
Crackers  
Beef Flour Tacos WG  
Chicken Nuggets w/ Roll  
Corn Kernels  
Fresh Fruit & Salad Bar

26- NO SCHOOL

27- **Happy Thanksgiving**

28- NO SCHOOL



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**Milk**

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