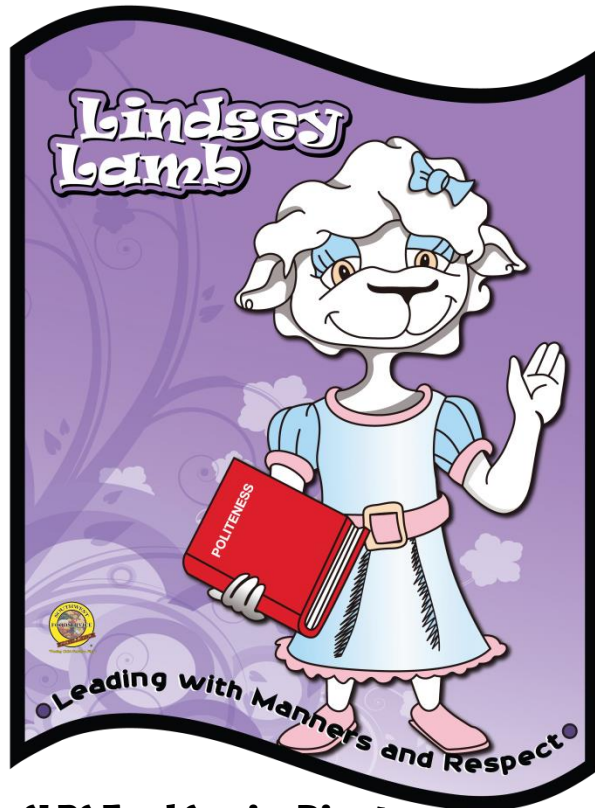




NOVEMBER 2014

NCAPA Breakfast & Lunch Menus

LINDSEY LAMB'S



SFP's Food Service Director:

Althea Albert-Santiago, 314-345-4519

Director of Dining Services:

Mike Butler, 314-381-4155

Associate Director of Nutrition

Megan Fraley, 314-381-4155



NUTRITION FACTS

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.



NCAPA BREAKFAST



Fresh Fruit and Juice Bar Served Daily!

November 2014

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

7- Mini Blueberry Pancake
w/Syrup (V)
Assorted Low Sugar Cereal WG
WG Toast w/Margarine
Apple Juice
Diced Pears



NO SCHOOL!

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

13- Egg Scramble w/Biscuit
Assorted Low Sugar Cereal WG
WG Toast w/Margarine
Apple Juice
Sliced Peaches

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

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

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

19- Cinnamon Raisin Bagel
w/Cream Cheese (V)
Assorted Low Sugar Cereal WG
WG Toast w/Margarine
Orange Juice
Fresh Banana

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

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

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

25- Colby Cheese Omelet w/Salsa
Assorted Low Sugar Cereal WG
WG Toast w/Margarine
Orange Juice
Fresh Banana



NO SCHOOL!

SLPS Food Service Director: Althea Albert-Santiago, 314-345-4519; Director of Dining Services: Mike Butler, 314-381-4155

SFE Associate Director of Nutrition: Megan Fraley

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

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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NCAPA LUNCH



Fresh Fruit and Vegetable Bar Served Daily!

November 2014

Monday	Tuesday	Wednesday	Thursday	Friday
3- Rice & Beans (V) Ham Sub Fish Patty Sandwich Tater Gem Fresh Fruit & Salad Bar	4- Rice & Beans (V) Cheese Pizza (V) Turkey Melt Sandwich Fresh Steamed Broccoli Fresh Fruit & Salad Bar	5- Rice & Beans (V) Thanksgiving Turkey w/Roll & Stuffing, Cranberry Sauce Thanksgiving Green Beans & Mashed Potatoes Fresh Fruit & Salad Bar Pumpkin Bars	6- Rice & Beans (V) Garlic Chile Chicken w/Rice Pepperoni Pizza Green Beans Fresh Fruit & Salad Bar	7- Beef & Rice Burrito Grilled Cheese Sandwich (V) Chicken Tacos Cooked Crinkle Cut Carrots Peas & Carrots
10- NO SCHOOL!	11- NO SCHOOL!	12- Rice & Beans (V) Chicken Teriyaki w/Brown Rice Turkey Corn Dog Corn Kernels Fresh Fruit & Salad Bar	13- Rice & Beans (V) Pepperoni Pizza Bean & Cheese Burrito Cooked Crinkle Cut Carrots Fresh Fruit & Salad Bar	14- Rice & Beans (V) Pepperoni Pizza Turkey Melt Sandwich Corn Kernels Fresh Fruit & Salad Bar
17- Rice & Beans (V) Beef Nachos w/ Salsa Turkey Melt Sandwich Fresh Steamed Broccoli Fresh Fruit & Salad Bar	18- Rice & Beans (V) Pepperoni Pizza Turkey Burger Corn Kernels Fresh Fruit & Salad Bar	19- Rice & Beans (V) Breaded Baked Chicken w/Roll Grilled Cheese Sandwich (V) Green Beans Fresh Fruit & Salad Bar	20- Rice & Beans (V) Cheese Pizza (V) Ham Sub Cooked Crinkle Cut Carrots Fresh Fruit & Salad Bar	21- Rice & Beans (V) Chicken Alfredo Chicken Nuggets Tater Gem Fresh Fruit & Salad Bar
24- Rice & Beans (V) Spicy Chicken Rings w/Roll Chicken Quesadilla w/ Salsa Mexicorn Fresh Fruit & Salad Bar	25- Rice & Beans (V) Cheese Pizza (V) Turkey & Cheese Sandwich Fresh Steamed Broccoli Fresh Fruit & Salad Bar	26- NO SCHOOL!	27- Happy Thanksgiving 	28- NO SCHOOL!

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Milk
Reduced Fat Milk Variety Offered Daily

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