

Menus for November 2011

Sayles School
860-822-8264



This institution is an equal opportunity provider.



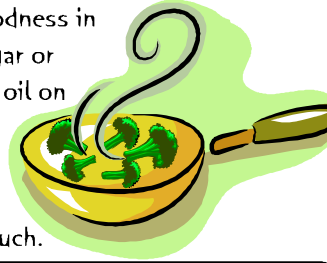
NOVEMBER BIRTHDAYS

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



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!

★ OUR NATION'S HISTORY ★

On November 11, 1918 at the stroke of eleven o'clock a.m. -- the 11th hour of the 11th day of the 11th month -- the treaty that ended World War I was signed. But, in a way, the so-called "war to end all wars" only ended for us in 2011. Earlier this year, the last survivor among 5 million American veterans of that war, Frank W. Buckles, died at the age of 110. Mr. Buckles,



pictured above as a 17-year-old and, right, in a more recent photo, lied about his age to enlist at sixteen. He was



buried with full honors at Arlington National Cemetery near Washington, D.C. Please remember Mr. Buckles and all of our brave servicemen on Veteran's Day, November 11.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Monday, November 7

Bagel w/Ham & cheese
Hash Brown
Fresh Fruit
Milk

Tues., November 8

Turkey Grinder
Veg. Sticks
Bag o'chips
Applesauce
Milk

Wed., November 9

Hot Dog in Bun
Soft Pretzel
Mixed Veggies.
Diced Pears
Milk

Thurs., November 10

Pizza
Tossed Salad
Pretzels
Peaches
Milk

1:00 Dismissal

Early dismissal today!

NO SCHOOL

Veterans Day

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

AVAILABLE DAILY

Grades K-4
Choice of Peanut Butter & Jelly on whole wheat & yogurt
Grades 5-8
Choice of pizza, or salad w/chicken & cheese
1% Milk, low fat Choc or Strawberry





Mon., November 14

Chicken Nuggets
Rice
Mixed Veggies.
Fruit Cup
Milk

Tues., November 15

Stuffed Shells
Garlic Bread
Broccoli
Applecrisp
Milk

Wed., November 16

Soft Beef Taco
Lettuce & Cheese
Corn
Salsa/Sour Cream
Peaches
Milk

Thurs., November 17

Ham Grinder
Bag o'Chips
Veg. Sticks
Orange Smiles

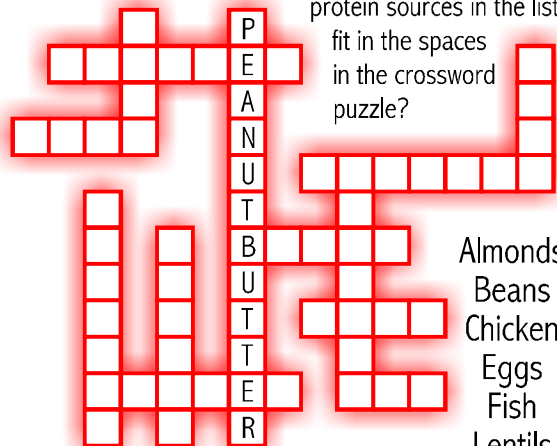
Friday, November 18

Champs Round
Pizza
Tossed Salad
Teddy Grahams
Fresh Apple
Milk

Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the protein sources in the list

fit in the spaces in the crossword puzzle?



- Almonds
- Beans
- Chicken
- Eggs
- Fish
- Lentils
- Milk
- Pork
- Soy
- Turkey
- Walnuts
- Yogurt



Mon, November 21

French Bread
Pizza
Carrots
Pretzels
Peaches
Milk

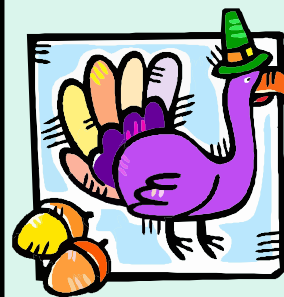
Tues, November 22

Hamburger on Bun
French Fries
Mixed Fruit
LF Cookie
Milk

Wed., November 23

Turkey & Gravy
Mashed Potatoes
Dinner Roll
Green Beans
Applesauce
Milk

Thanksgiving Break



See you back here on Monday, Nov. 28!

Mon, November 28

Macaroni & meat sauce
Mozzarella Sticks
Garlic Bread
Ital. Blend Veggies.
Diced Pears
Milk

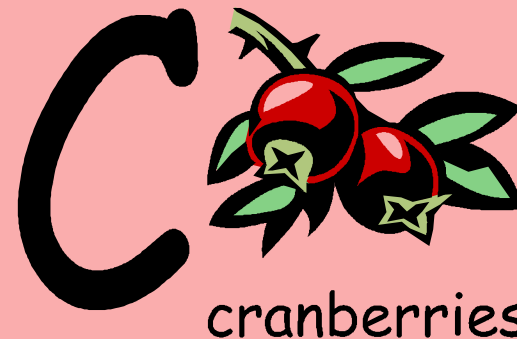
Tues., November 29

Chicken Noodle Soup
Turk. & Cheese Sandwich
Mixed Veggies.
Applesauce
Milk

Wed., November 30

Pancake Squares
Sausage Links
Smile Potatoes
100% Grape Juice
Milk

I am the letter



cranberries

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html