

Menus for November 2017



Pittsylvania County Schools
Chatham, VA
Grades 9 -12

AVAILABLE DAILY

Freshly made salads

*Salads are made fresh daily
with leafy green lettuces &
fresh cut veggies.*



Fresh whole fruits

*Pick from a variety of apples,
oranges, bananas, &
other seasonal fruits.*



*In addition to the entrée choices
that are listed each day,
freshly made salads are also
among the meal options available*

Wednesday, November 1

Entrées (choose one) ¹BBQ Sandwich with chips

Entrees (choose one)

¹Grilled Cheese Sandwich ²PBJ

³Sunbutter® & Jelly Sandwich
each offered with Chicken Rice Soup

Vegetables (choose many)

Green Beans, Cole Slaw, Cucumber Slices

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Thursday, November 2

Entrées (choose one)

¹Clubhouse Sub with chips ²PBJ with chips

³Mandarin Orange Chicken over Rice
with Vegetable Egg Roll

Vegetables (choose many)

Fresh Steamed Broccoli Florets

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Milk offered with each meal at no extra cost.

BREAKFAST

- ◆ *Breakfast is available to everyone every day!*
- ◆ *We offer many different options daily.*
- ◆ *Students are required to pick up a fruit or juice every day with their breakfast.*

EVERY DAY FAVORITES

Kellogg's™ Pop-tart® twin-pack

Breakfast Muffin / Breakfast Bun

Banana Chocolate Chunk Bar

Cinnamon Toast Crunch Big CUP

Yogurt Parfait with Granola topping

Pillsbury Mini Pancakes / Cinni Minis

Biscuit Variety:

Chicken, Sausage, or Bacon, Egg, & Cheese



WHAT'S INCLUDED IN THE PRICE?

1 Favorite Choice, 100% Fruit Juice, Fresh Fruit and Milk

Friday, November 3

Entrée (choose one) ¹Pizza Crunchers ²PBJ
Vegetables (choose many)

Steamed Corn, Bell Pepper Strips, Garden Salad

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Monday, November 6

Entrées (choose one) ¹Corn Dog Nuggets

²Chicken Cool Wrap

Vegetables (choose many)

BLT Chop Salad, Baked Beans

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Tuesday, November 7

No School for Students



Wednesday, November 8

Entrées (choose one) ¹Taco ²Chicken Fajita
offered with tortilla chips and cheese

Vegetables (choose many) Lettuce, Tomato,
Diced Onions, Salsa, Guacamole, Steamed Corn,

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Grapes, Fresh Fruit and Fruit Cup

Thursday, November 9

Entrées (choose one) ¹Macaroni and Cheese
²Bowl of Classic Chili w/ Cheese & Tostitos® ³PBJ

Vegetables (choose many)

Green Beans, Fresh Baby Carrots w/ dip

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Homemade Gingerbread

Friday, November 10

Entrée (choose one) ¹Slice of Big Daddy's® Pizza ²PBJ
Vegetables (choose many)

Fresh Steamed Broccoli, Garden Salad

Entrée (choose one)

²POTATO BAR with all the fixings

Vegetables (choose one) Garden Salad

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Milk offered with each meal at no extra cost.



Thanksgiving Holiday
November 22, 23 & 24

USDA is an equal opportunity provider and employer.

Monday, November 13

Entrées (choose one) ¹Clux® Chicken Chunks
offered with dinner roll

²Vegetable Chili with Crackers

Vegetables (choose many)

Parmesan Carrots, BLT Chop Salad, Black-eyed Peas

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Tuesday, November 14

Entrées (choose one) Oven Baked SUBS

¹Ham and Cheese ²Turkey and Cheese
each offered with chips

Vegetables (choose many)

Assorted Fresh Toppings, Carrots w/ dip

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Wednesday, November 15

Entrée (choose one)

¹BBQ Sandwich with chips

Vegetables (choose many)

Cole Slaw, Green Beans, Diced Onions

Entrée (choose one) ²Vegetable Plate with

Pinto Beans, Green Beans, Diced Onions

Mashed Potatoes & Home-made School Roll

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Grapes Fresh Fruit, and Fresh Cup

Thursday, November 16

Entrées (choose one)

¹Spaghetti w/ Meat Sauce (offered with breadstick)

²Deli Chicken SUB with chips, L/T/P ³PBJ

Vegetables (choose many)

Fresh Garden Salad, Steamed Corn

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Friday, November 17

Entrée (choose one) ¹Slice of Big Daddy's® Pizza ²PBJ

Vegetables (choose many) Steamed Broccoli,
Fresh Vegetables

Entrée (choose one) ²POTATO BAR with
all the fixings and includes
Red Bell Pepper Strips

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Monday, November 20

Entrées (choose one) Chicken Filet Sandwich

¹grilled, ²original, or ³spicy
each offered with chips

Vegetables (choose many)

L/T/P, Onions, Baked Beans, Baby Carrots, dip

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Sorbet Cup

Tuesday, November 21

Entrées (choose one) ¹Sliced Turkey ²Sliced Ham
each offered with School Roll ³PBJ

Vegetables (choose many)

Mashed Potatoes, Green Beans

Fruits (choose 1 fresh fruit and 1 fruit cup)

Jazz Apple and Fruit Cup

Monday, November 27

Entrées (choose one) ¹Hot Dog with all the fixin's

²Clubhouse Wrap

Vegetables (choose many)

Cole-Slaw, French Fries, Baked Beans

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Tuesday, November 28

Entrees (choose one) ¹Bosco® Sticks w/ pizza sauce

²Vegetarian Chili with crackers & Tostitos®

Vegetables (choose many)

BLT Chop Salad, Steamed Corn

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Wednesday, November 29

Entrée ¹Manager Planned Sandwich with chips

Cole Slaw, Fresh Carrots, Celery Sticks

Entrée ²Chicken Noodle Soup, Chips & String Cheese

Vegetables (choose many)

Fresh Carrots, Celery Sticks, Steamed Broccoli

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Thursday, November 30

Entrees (choose one)

¹Rotisserie Seasoned Drumsticks ²Sliced Ham

each offered with School Roll

³PBJ Uncrustable®

Vegetables (choose many)

Green Peas, Mashed Potatoes

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

During the month of November,
we will be serving locally-grown
sweet potatoes from
Spring Garden Organics.



Moderation is the Key!

With Thanksgiving comes lots of good food, but are they really good for you? It is okay to eat some foods that do not always provide you with the most nutrients possible such as gravy, stuffing, and pumpkin pie, but the key to eating all of these goodies is to eat them in moderation. Moderation means that you can eat Thanksgiving goodies, but in small portions. And, be sure to include plenty of nutrient-rich foods, such as fresh veggies, salads and fruits. After dinner, instead of sitting on the couch watching TV or playing video games, head outdoors for a game of flag football, basketball, or Frisbee.

Thanksgiving Dinner



Don't Let the Flu Get You Down

Cold and flu season is getting closer, yet most people do not realize superior nutrition offers dramatic immune system benefits in protecting against viral illnesses.

FIGHT THE FLU

Boost your natural defenses through foods that support superior immune function such as strawberries, blackberries, blueberries, grapes, collards, cabbage, kale, broccoli, onions and garlic. These foods contain compounds called phytochemicals that have been shown to aid the body in its defense against common respiratory viruses.