

Prices:
Lunch \$3.00
Milk .50



Howard County Public School System Middle School Menu - November 2009



**American
Diabetes
Month**



~ ~ School Lunch Meal Plans ~ ~

<u>Annual Meal Plan - P1</u>	<u>Installment Payment Plan - P2</u>	<u>Enrollment</u>
<p>One Time Payment using Visa, MasterCard, Discover, Cash, Check or Money Order.</p>	<p>Using six (6) equal debits from a checking or savings account</p>	<p>To enroll your child in either program, please complete the specific application which can be obtained from the sources below:</p> <p>*All students received on the first day of school *All cafeteria managers can provide *Can be mailed from the Food & Nutrition Service Office. Call 410-313-6738</p>

	Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
	<p>Beef Tacos w/Flour or Corn Tortillas Fish Shapes w/Wheat Roll Make Your Own Salad Plate</p> <p><i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Whole Kernel Corn 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Barbeque Chicken w/Roll Hamburger, Cheeseburger or Vegetarian Burger on Sandwich Roll Make Your Own Salad Plate</p> <p><i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Spinach 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Popcorn Chicken w/Wheat Roll Tuna Salad Wrap Make Your Own Salad Plate</p> <p><i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Mixed Vegetables 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Spaghetti w/Meat Sauce & Sliced Bread Chicken Patty w/Wheat Roll Make Your Own Salad Plate</p> <p><i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Steamed Green Beans 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Professional Development Day</p> <p>Schools Closed</p>
<p><u>Cyberspace!</u> <i>Visit our web site for nutrition, menu information and exciting links. www.hcps.org</i> Go to "Quick Links" then Lunch Menus then Food & Nutrition</p>	Monday, November 9	Tuesday, November 10	Wednesday, November 11	Thursday, November 12	Friday, November 13
	<p>Baked Potato Bar w/Chili /Cheese & Wheat Roll Chicken Nuggets w/Wheat Roll Make Your Own Salad Plate</p> <p><i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Steamed Broccoli 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Turkey Stir Fry w/Rice & Roll Waffles w/Sliced Ham & Syrup Make Your Own Salad Plate</p> <p><i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Stir Fry Vegetables 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Toasted Cheese Sandwich Chicken Patty w/Sandwich Roll Make Your Own Salad Plate</p> <p><i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Tomato Soup 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Popcorn Chicken w/Noodles & Gravy Hamburger, Cheeseburger or Vegetarian Burger on Sandwich Roll Make Your Own Salad Plate</p> <p><i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Succotash 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Pasta Primavera w/Whole Wheat Breadstick Cheesesteak on Seeded Roll Make Your Own Salad Plate</p> <p><i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Green Peas 1% Flavored, Unflavored or Nonfat Milk</p>

~ Offered Daily ~ Cheese Pizza w/Whole Grain Crust / Yogurt, Fruit & Bagel Plate / Whole Wheat Bread & Dinner Rolls ~

AMERICAN EDUCATION WEEK ~ ~ NOVEMBER 16 ~ 20, 2009 ~ ~ AMERICAN EDUCATION WEEK

Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
Popcorn Chicken w/Red Beans & Rice Hot Ham & Cheese Sandwich Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Baked Sweet Potato Fries 1% Flavored, Unflavored or Nonfat Milk	Beef Tacos w/Flour or Corn Tortillas Turkey Salad Wrap Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Yellow Corn 1% Flavored, Unflavored or Nonfat Milk	Chicken Parmesan w/Roll Hamburger, Cheeseburger or Vegetarian Burger on Sandwich Roll Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> California Blend Vegetables 1% Flavored, Unflavored or Nonfat Milk	Holiday Meal Roasted Turkey w/Gravy & Cranberry Sauce Cornbread Stuffing w/Spinach Fluffy Mashed Potatoes <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Sweet Peas or Sauerkraut 1% Flavored, Unflavored or Nonfat Milk	Sloppy Joe w/Sandwich Roll Toasted Cheese Sandwich Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Tomato Soup 1% Flavored, Unflavored or Nonfat Milk
Monday, November 23	Tuesday, November 24	Wednesday, November 25	Thursday, November 26	Friday, November 27
Chicken Patty w/Sandwich Roll Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Mixed Vegetables 1% Flavored, Unflavored or Nonfat Milk Schools Close 3 hours early	Turkey & Cheese BLT Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit & Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Broccoli 1% Flavored, Unflavored or Nonfat Milk Schools Close 3 hours early	Parent/Teacher Conferences Schools Closed	 Thanksgiving Holiday Schools & Offices Closed	 Thanksgiving Holiday Schools & Offices Closed

Monday, November 30
 Baked Ziti w/Whole Wheat Breadstick
 Ribique Sub on Seeded Roll
 Make Your Own Salad Plate
All Lunches Include Salad Bar Selections of:
 Fresh Fruit & Fruit in Light Syrup
 Vegetables, Beans
 either Pasta, Rice or Potatoes &
Today's Hot Vegetable:
 Green Beans
 1% Flavored, Unflavored or Nonfat Milk



School Meals

We serve education every day™

~ Offered Daily ~ Cheese Pizza w/Whole Grain Crust / Yogurt, Fruit & Bagel Plate / Whole Wheat Bread & Dinner Rolls ~

American Diabetes Month

This is American Diabetes Month so we will focus on Carbohydrates which are a very important part of the diet for everyone and especially for management of diabetes.

Complex carbohydrates are high-fiber foods that improve digestion by adding bulk to the diet or making foods softer within your digestive tract. These foods also contain important vitamins and minerals and stabilize your blood sugar which keeps you feeling full longer and provides for a more even energy level.

In contrast, foods with simple carbohydrates vary your blood sugars between highs and lows which leads to cravings and compulsive eating and may also lead to moodiness and weight gain.

<u>Complex Carbohydrates</u>	<u>Simple Carbohydrates</u>
Whole grains Fruits Vegetables Beans and legumes	Table sugar Chocolate Sugary snacks Regular soda

Prices:
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Milk .50



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~ ~ School Lunch Meal Plans ~ ~



Annual Meal Plan - P1	Installment Payment Plan - P2	Enrollment
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FALL BACK	Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
	<p>Beef Tacos w/Flour or Corn Tortillas Fish Shapes w/Wheat Roll Make Your Own Salad Plate <i>All Lunches include Salad & Selections of:</i> Fresh Fruit & Fruit w/ Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Whole Kernel Corn 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Barbeque Chicken w/Roll Hamburger, Cheeseburger or Vegetarian Burger on Sandwich Roll Make Your Own Salad Plate <i>All Lunches include Salad & Selections of:</i> Fresh Fruit & Fruit w/ Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Spinach 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Popcorn Chicken w/Wheat Roll Tuna Salad Wrap Make Your Own Salad Plate <i>All Lunches include Salad & Selections of:</i> Fresh Fruit & Fruit w/ Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Mixed Vegetables 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Spaghetti w/Meat Sauce & Sliced Bread Chicken Patty w/Wheat Roll Make Your Own Salad Plate <i>All Lunches include Salad & Selections of:</i> Fresh Fruit & Fruit w/ Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Steamed Green Beans 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Professional Development Day Schools Closed</p>

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<p>Cyberspace! Visit our web site for nutrition, menu information and exciting links. www.hcps.org Go to "Quick Links" then Lunch Menus then Food & Nutrition</p>	<p>Baked Potato Bar w/Chili / Cheese & Wheat Roll Chicken Nuggets w/Wheat Roll Make Your Own Salad Plate <i>All Lunches include Salad & Selections of:</i> Fresh Fruit & Fruit w/ Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Steamed Broccoli 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Turkey Stir Fry w/Rice & Roll Waffles w/Sliced Ham & Syrup Make Your Own Salad Plate <i>All Lunches include Salad & Selections of:</i> Fresh Fruit & Fruit w/ Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Stir Fry Vegetables 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Toasted Cheese Sandwich Chicken Patty w/Sandwich Roll Make Your Own Salad Plate <i>All Lunches include Salad & Selections of:</i> Fresh Fruit & Fruit w/ Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Tomato Soup 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Popcorn Chicken w/Noodles & Gravy Hamburger, Cheeseburger or Vegetarian Burger on Sandwich Roll Make Your Own Salad Plate <i>All Lunches include Salad & Selections of:</i> Fresh Fruit & Fruit w/ Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Succotash 1% Flavored, Unflavored or Nonfat Milk</p>	<p>Pasta Primavera w/Whole Wheat Breadstick Cheesesteak on Seeded Roll Make Your Own Salad Plate <i>All Lunches include Salad & Selections of:</i> Fresh Fruit & Fruit w/ Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Green Peas 1% Flavored, Unflavored or Nonfat Milk</p>

~ Offered Daily ~ Cheese Pizza w/Whole Grain Crust / Yogurt, Fruit & Bagel Plate / Whole Wheat Bread & Dinner Rolls ~

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<p>Monday, November 23 Chicken Patty w/Sandwich Roll Make Your Own Salad Plate <i>All Lunches Include Salad & Selections of:</i> Fresh Fruit & Fruit w/ Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Mixed Vegetables 1% Flavored, Ultrafiltered or Nonfat Milk Schools Close 3 hours early</p>	<p>Tuesday, November 24 Turkey & Cheese BLT Make Your Own Salad Plate <i>All Lunches Include Salad & Selections of:</i> Fresh Fruit & Fruit w/ Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Broccoli 1% Flavored, Ultrafiltered or Nonfat Milk Schools Close 3 hours early</p>	<p>Wednesday, November 25 Parent/Teacher Conferences Schools Closed</p>	<p>Thursday, November 26 Happy Thanksgiving Thanksgiving Holiday Schools & Offices Closed</p>	<p>Friday, November 27  Thanksgiving Holiday Schools & Offices Closed</p>
<p>Monday, November 30 Baked Ziti w/Whole Wheat Breadstick Ribique Sub on Seeded Roll Make Your Own Salad Plate <i>All Lunches Include Salad & Selections of:</i> Fresh Fruit & Fruit w/ Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes & <i>Today's Hot Vegetable:</i> Green Beans 1% Flavored, Ultrafiltered or Nonfat Milk</p>				
<p>~ Offered Daily ~ Cheese Pizza w/Whole Grain Crust / Yogurt, Fruit & Bagel Plate / Whole Wheat Bread & Dinner Rolls ~</p>				
<p>American Diabetes Month This is American Diabetes Month so we will focus on Carbohydrates which are a very important part of the diet for everyone and especially for management of diabetes. Complex carbohydrates are high-fiber foods that improve digestion by adding bulk to the diet or making foods softer within your digestive tract. These foods also contain important vitamins and minerals and stabilize your blood sugar which keeps you feeling full longer and provides for a more even energy level. In contrast, foods with simple carbohydrates vary your blood sugars between highs and lows which leads to cravings and compulsive eating and may also lead to moodiness and weight gain.</p>			<p>Complex Carbohydrates Whole grains Fruits Vegetables Beans and legumes</p>	<p>Simple Carbohydrates Table sugar Chocolate Sugary snacks Regular soda</p>
<p>Menu Page 3</p>				