

Belleville Township High School District #201



USDA is an equal opportunity provider and employer.
Menus are subject to change.

AVAILABLE DAILY

Breakfast:

Bagels, Pop Tarts, Yogurt,
Mini Donuts, Whole Grain Cereals
and more!

Breakfast includes fruit,
a fruit juice choice or both and milk

Lunch:

Assorted Pizza, Chicken Patties,
Hamburgers, Cheeseburgers,
Fresh Deli Sandwiches and Wraps,
Tacos & Nachos,
Assorted Salads

Lunch includes a variety
of vegetables, fruits,
fruit juice
and milk



Monday, Nov. 3

Breakfast

-Cinnamon Roll
Fruit, Juice & Milk

Lunch

-BBQ Rib on Bun
Mashed Potatoes
Carrots
Fruit Choices
Cold Milk

Tuesday, Nov. 4

Breakfast

-Sausage Biscuit
Fruit, Juice & Milk

Lunch

-Straw Hat
French Fries
Black Beans
Fruit Choices
Cold Milk

Wednesday, Nov. 5

Breakfast

-Pancakes & Syrup
Fruit, Juice & Milk

Lunch

**-Chicken & Vegetable
Teriyaki Dumplings**
Baked Potato
Corn
Fruit Choices
Cold Milk

Thursday, Nov. 6

Breakfast

**-Bacon, Egg & Cheese
English Muffin**
Fruit, Juice & Milk

Lunch

**-Chicken Strips with
Waffles**
Tator Tots
Green Beans
Fruit Choices
Cold Milk

Friday, Nov. 7

Breakfast

-Biscuit & Gravy
Fruit, Juice & Milk

Lunch

-French Bread Pizza
French Fries
Peas
Fruit Choices
Cold Milk

Monday, Nov. 10

NO SCHOOL

Tuesday, Nov. 11



**Veteran's Day
No School
Today**

Wednesday, Nov. 12

Breakfast

**-Scrambled Eggs &
Cinnamon Toast**
Fruit, Juice & Milk

Lunch

**-Popcorn Chicken
with Mac & Cheese**
Baked Potato
Carrots
Fruit Choices
Cold Milk

Thursday, Nov. 13

Breakfast

-Breakfast Bagel
Fruit, Juice & Milk

Lunch

**-French Toast with
Sausage & Egg
Patties**
Tator Tots
Corn
Fruit Choices
Cold Milk

Friday, Nov. 14

Breakfast

**-Pancake & Sausage
on a Stick**
Fruit, Juice & Milk

Lunch

**-Cheese Ravioli
with Breadstick**
French Fries
Green Beans
Fruit Choices
Cold Milk



NUTRITION *TO GO*

Occasional fast food meals don't have to be unhealthy. Choose the smallest burger instead of the biggest. Go for mustard rather than ketchup or mayo. Skip the gooey sauces and get lettuce, tomato, onion, and pickle instead. Look for grilled options instead of breaded and/or fried.

And if you must have fries, savor a small order.

A QUICK BITE FOR PARENTS

Monday, Nov. 17

Breakfast

-Egg & Cheese
English Muffin
Fruit, Juice & Milk

Lunch

-Turkey & Gravy
With Dinner Roll
And Animal Crackers
Mashed Potatoes
Corn
Fruit Choices
Cold Milk

Tuesday, Nov. 18

Breakfast

-Biscuit with Gravy
Fruit, Juice & Milk

Lunch

-Enchiladas
French Fries
Baked Beans
Fruit Choices
Cold Milk

Wed., Nov. 19

Breakfast

-Breakfast Pizza
Fruit, Juice & Milk

Lunch

-Orange Chicken
with Rice
& Goldfish Crackers
Baked Potato
Broccoli with Cheese
Fruit Choices
Cold Milk

Thursday, Nov. 20

Breakfast

-Egg & Cheese Bites
with Toast
Fruit, Juice & Milk

Lunch

-Pancakes &
Chicken Patty
Tator Tots
Carrots
Fruit Choices
Cold Milk

Friday, Nov. 21

Breakfast

-Sausage & Cheese
Biscuit
Fruit, Juice & Milk

Lunch

-Meatball Sub
French Fries
Green Beans
Fruit Choices
Cold Milk

Monday, Nov. 24

Breakfast

-Scrambled Eggs
& Cinnamon Toast
Fruit, Juice & Milk

Lunch

-Popcorn Chicken with
Pretzel Bites
and Queso Cheese
Mashed Potatoes
Baked Beans
Fruit Choices
Cold Milk

Tuesday, Nov. 25

Breakfast

-Breakfast Bagel
Fruit, Juice & Milk

Lunch

-Fiesta Pizza
Refried Beans
French Fries
Fruit Choices
Cold Milk

Thanksgiving

ENJOY YOUR HOLIDAY!

SEE YOU MONDAY!

Season's Gr(EAT)ings.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

