Belleville Township High School District #201



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

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

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

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. 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

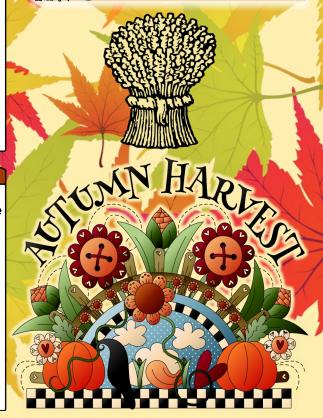
Fruit Choices

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 TOGO

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

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

Cold Milk

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
-Fiestada Pizza
Refried Beans
French Fries
Fruit Choices
Cold Milk



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!

