Mid-Prairie Middle school

November 2019

How do you fix a broken tomato?

Tomato paste

Special announcement:
PLEASE NOTE: Milk choices include: Skim, Skim Chocolate and 1% white. Milk is offered as part of every meal. Students DO NOT have to take milk if they choose not to. HOWEVER, the student must have a MINIMUM of 3 items AND you have to have either a fruit or a vegetable. *Reduced fat dressings are served with all salads and fresh vegetables.

What am I?

I'm a beautiful red fruit that grows in early summer. I taste sweet and you can eat me in a smoothie, in your cereal, or all by myself.

Strawberry

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST All meals include 100% juice, fruit and milk. Tuesday-Waffle bar Thursday-waffle bar	Student lunch $3.15 Adult Lunch $3.75 Student Bkft $1.90 Adult Bkft $2.35		31 Hamburger on bun Lettuce/tomato/pickle Country Trio Veggies Curley Fries Box of Raisins **BURRITO BAR**	1 COOK'S CHOICE **Bagels/grahams**
4 Nacho Grande Salsa/Sour Cream Steamed Broccoli Red Pepper Strips Mexican Rice Apricots **Fruit Pocket/Yogurt**	5 Chicken Tetrazzini Garlic Cheese bread Garden Salad Steamed Corn Strawberry Cup **WAFFLE BAR**	6 Sloppy Joe on bun Potato Wedges Baked Beans Jello Cup Fruit **French Toast/string cheese**	7 Fish Sticks Baked Potato Cucumber Slices Banana Bread Peaches **BURRITO BAR**	8 Chili Soup Crackers Baby Carrots Fresh Cauliflower Apple Slices Chocolate Cake **Confetti Pancake/Yogurt**
11 Mc Ribb on bun Baked lays Chips Baked Beans Mixed Fresh Fruit **Cereal/breakfast sliders**	12 French Toast sticks & syrup Tri Tators Sausage Links Green Beans Orange Juice Cup **WAFFLE BAR**	13 Lasagna Garden Salad Garlic Roll Fresh Cauliflower Pineapple & Bananas **Cinnamon Roll/goldfish**	14 Chicken Fajita Salsa/sour cream Savory Rice Steamed Broccoli Steamed Carrots Applesauce Cup **BURRITO BAR**	15 Grilled Cheese Sandwich Tomato Soup Celery Sticks Fruit Crisp Raisels **Waffle/String Cheese**
18 Meatball Sub Tator Tots Baked Beans Red Pepper Strips Kiwi Fruit **Cereal/Ham Bar**	19 Baked Chicken Cheesy Potatoes Baby Carrots Chocolate Muffin Pears **WAFFLE BAR**	20 Beef Enchilada Cilantro Lime Rice Steamed Broccoli Steamed Corn Pineapple & Oranges **Quesadilla/goldfish**	21 Breaded Chicken Sandwich Roasted Potatoes Green Beans Rosey Applesauce **BURRITO BAR**	22 Chicken Noodle Soup Goldfish Crackers Cucumber Slices Mixed Vegetables Grapes **Sausage links/grahams**
25 Pizza Wrap Mixed Green Salad Red Pepper Strips Applesauce Cup Oreo Fluff **Hens on the nest**	26Chicken Parmesan Pasta w/Sauce Green Beans Steamed Carrots Mixed Fruit **WAFFLE BAR**	27 Salisbury Steak Mashed Potatoes Steamed Corn Dinner Roll Orange Wedges **MISC. ITEMS**	28 **NO SCHOOL**	29 NO SCHOOL

As a family create caterpillar kabobs! Assemble chunks of melon, apple, orange and pear on skewers for a fruity kabob. For a veggie version, try zucchini, cucumber, sweet peppers, or tomatoes.

TEAM NUTRITION IOWA