**Menus for November 2015**

Sacramento City Unified School District  
Brenda Padilla, M.S., Director, Nutrition Services  

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Side</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, November 4</td>
<td>Chicken Tortilla Crisptito w/Salsa</td>
<td>Crispy Breaded Chicken Or Artisan French Bread Cheese Pizza</td>
<td>Coleslaw Or Corn on the Cob</td>
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<tr>
<td>Thursday, November 5</td>
<td>Cheesy Toast</td>
<td>All Natural Miller’s Beef Hotdog Or Bean &amp; Cheese Papusas</td>
<td>Beef Chili &amp; Beans</td>
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<tr>
<td>Friday, November 6</td>
<td>Sunnyfresh French Toast Sticks</td>
<td>Catch of the Day! Trout Treasures Or Spicy Sichuan Chicken</td>
<td>Hawaiian Style Whole Grain Rice Watermelon Raisels</td>
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<tr>
<td>Monday, November 2</td>
<td>Pancake Minis</td>
<td>Rich Chicks Tender Filets Or Cheeseburger Sliders</td>
<td>Potato Smiles</td>
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<tr>
<td>Tuesday, November 3</td>
<td>Biscuit &amp; Sausage Gravy Square</td>
<td>Mesquite Chicken Drumstick Or Crunchy Saucy Beef Taco w/Tapatío</td>
<td>Cornbread Loaf Tostitos Scoops Baked Beans</td>
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<tr>
<td>Monday, November 9</td>
<td>Triple Berry French Toast</td>
<td>Rich Chicks Tender Filets Or Pork Egg Roll w/Sweet &amp; Sour Sauce</td>
<td>Chow Mein Noodles</td>
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<tr>
<td>Tuesday, November 10</td>
<td>Italian Turkey Sausage Breakfast Square</td>
<td>Sweet Baby Ray’s BBQ Chicken Or Crunchy Saucy Beef Taco w/Tapatío</td>
<td>Tostitos Scoops</td>
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<tr>
<td>Wednesday, November 11</td>
<td>No School</td>
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</tr>
<tr>
<td>Thursday, November 12</td>
<td>Breakfast Sunrise Pork Sausage Sandwich</td>
<td>Lunch Beef Bun Taco Or Fernandos Bean &amp; Cheese Burrito w/Tapatío</td>
<td>Refried Beans</td>
</tr>
<tr>
<td>Friday, November 13</td>
<td>Warm Mini Cinni Rolls</td>
<td>Lunch Catch of the Day! Neptune’s Fish Filet Sandwich w/Tartar Sauce Or Italian Sub Sandwich</td>
<td>Side: Chicken Noodle Soup Watermelon Soup</td>
</tr>
</tbody>
</table>

### Word Play

Until about 1,000 years ago, English-speaking people thought of the year in two parts: the warm half and the cold half. The word “winter”, is 5,000 years old, and “summer” is a pretty old word, too. The word “spring” was in general use by the 1400’s, and “autumn” is a Latin word that also entered English around 1400. “Fall” came into use as a complement to “spring” in the 17th century -- just as North America was being settled by the British. The English-speaking people in England mostly stuck with “autumn” while their distant cousins preferred “fall.” And that’s why, to this day, this is the only season we have two words for!

**Daily Options for Breakfast**

- #1-General Mill’s Whole Grain Cereal Choices
- #2-Daily Choice, (listed on the menu)
- And/Or
- Self-Serve Produce Bar, 100% Orange Juice, Milk, Graham Crackers

**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!

**Wellness is a Way of Life!**

Sacramento City Unified School District  
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**Fresh fiesta garden bar!**
featuring fresh local salsa, pico de gallo, guacamole, jalapeños, fresh fruit, & more!

**Tuesdays & Thursdays**

**Veterans Day**

PLEASE JOIN US IN SAYING THANKS TO THOSE WHO HAVE SERVED THE CAUSE OF FREEDOM
### Default fruit.

There’s not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has “berry” right there in its name, so it’s fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar -- a measly ¼ cup contains 6 teaspoons of sugar. That’s an entire day’s worth!

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### Nutritional Tip

**Tip:** Search for “Cranberry Sauce Recipe” and make your own this year. It’s quick and simple and much healthier!

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### 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.

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### Credit Policy

If your student forgets meal money, credit will be given for up to three days for each meal. Students and households will be reminded of negative balances. To avoid charges, Prepayments are accepted in the line with a check or on-line at: www.EZSchoolpay.com Please clear balances promptly. Thanks!