

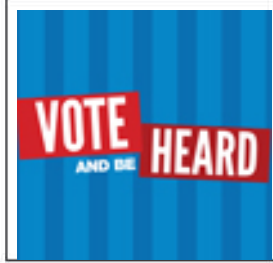
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



Vote for your favorite Lunch  
November 5th

1  
  
Early Release

Vote for your favorite School Lunch November 5th.

4  
  
Teriyaki Dippers with Brown Rice  
Peppi Salad and WW Dinner Roll  
Chicken Sandwich  
Cheese Pizza

5  
  
Chicken Nuggets with Rice  
Chef Salad with WW Dinner Roll  
Chicken Sandwich  
Hamburger

6  
  
Hot Cheesewich  
Crispy Chicken Salad with WW Roll  
Chicken Sandwich  
Pepperoni Pizza

7  
  
Chili Fritos  
Egg Salad Sandwich  
Chicken Sandwich  
Hamburger

8  
  
Hot Diggety Dog  
Cobb Salad with WW Roll  
Turkey and Cheese Sandwich  
Cheese Pizza

Breakfast Prices: Students \$1.25, Reduced: Free, Adult \$2.25, Milk \$.55

11  
  
NO SCHOOL  
VETERANS DAY

12  
  
Chicken Nuggets With Rice  
Chef Salad with WW Roll  
Chicken Sandwich  
Hamburger

13  
  
Waffles and Omelet  
Crispy Chicken Salad with WW Roll  
Chicken Sandwich  
Pepperoni Pizza

14  
  
Enchiladas  
Egg Salad Sandwich  
Chicken Sandwich  
Hamburger

15  
  
Corn Dog  
Cobb Salad with WW Roll  
Turkey and Cheese Sandwich  
Cheese Pizza

Lunch Prices: Student \$2.50, Reduced K-3 Free, Reduced 4-5 \$.40, Adult \$3.50, Milk \$.55

18  
  
Beef Soft Taco  
Peppi Salad with WW Roll  
Chicken Sandwich  
Cheese Pizza

19  
  
Chicken Nuggets with Rice  
Chef Salad with WW Roll  
Chicken Sandwich  
Hamburger

20  
  
Teriyaki Dippers with Rice  
Crispy Chicken Salad with WW Roll  
Chicken Sandwich  
Pepperoni Pizza

21  
  
Turkey Gravy with mashed Potatoes  
Egg Salad Sandwich  
Chicken Sandwich  
Hamburger

22  
  
EARLY RELEASE  
CONFERENCES

Choose from six different Fruits and Vegetables each day! This Months Fresh Pick is Corn.

25  
  
K-8 NO SCHOOL  
CONFERENCES

26  
  
EARLY RELEASE  
CONFERENCES

27  
  
EARLY RELEASE K-12  
THANKSGIVING BREAK

28  
  
HAPPY THANKSGIVING



## The Story Behind Sodium

Sodium is a mineral that is part of table salt. Our bodies only need a small amount of sodium, but unfortunately many Americans are consuming excessive amounts of sodium. Consuming too much sodium can be a problem because it can attract and hold water in the body. This causes an increase in blood volume that makes the heart work harder and thus increases blood pressure. Over the past five years the Dietary Guidelines have encouraged Americans to limit their sodium intake to no more than 2300 mg or the equivalent of about 1 teaspoon of salt. This amount of salt or sodium is not just what you add to food, but also includes what may be added at the table, in cooking, what is added

to the foods we eat out or what may be naturally occurring in foods. To help Americans reduce their sodium intake, food manufacturers and other food outlets, such as restaurants, are working on creative ways to reduce sodium in the foods we enjoy while also preserving the tastes we have come to love. In addition, all schools that participate in the National School Lunch Program will be adhering to a 10-year sodium reduction process starting in 2014. If you have additional questions about the nutritional content of foods served in your school, please contact the school foodservice manager.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[www.liftoffsp playground.com](http://www.liftoffsp playground.com)

## BREAKFAST

Ultimate Breakfast Rounds and Low Sugar Cereals with WG Toast Offered daily along with a variety of fruit.

**MONDAY:** Egg and Cheese Breakfast Wrap

**TUESDAY:** Breakfast Pizza

**WEDNESDAY:** Waffles

**THURSDAY:** Sausage and Pancake On A Stick

**FRIDAY:** French Toast Sticks

### Fresh Pick Recipe

#### SWEET SUMMER CORN SUCCOTASH (SERVES 4)

- 3 Tbsp and 1/2 tsp fresh yellow onions (diced)
- 3 Tbsp and 1/2 tsp sweet red peppers (chopped)
- 1 1/8 tsp basil (chopped)
- 1 1/8 tsp parsley (chopped)
- 1 3/4 tsp canola/olive oil blend
- 3/4 cup and 1/2 Tbsp corn kernels without salt
- 1/3 and 1 Tbsp frozen green peas without salt
- 1/3 cup and 1 Tbsp lima beans without salt
- 1/4 cup and 1 tsp low fat milk
- 2 3/8 tsp water
- 3/4 tsp cornstarch
- Black pepper

1. Dice onions and peppers.
2. Wash basil and parsley, pat dry and roughly chop.
3. In a sauce pan and tilt skillet, heat oil. Add onion and peppers and saute until tender, about 3-4 minutes.
4. Stir in corn, peas and beans. Continue to cook 2-3 minutes.
5. Add milk and bring to a simmer.
6. Combine water and cornstarch in a small container to make a slurry. Cornstarch should be completely dissolved. Stirring constantly, whisk cornstarch slurry into vegetables. Cook gently for 10 minutes or until vegetables are tender, but still firm and liquid is slightly thickened.
7. Stir in basil, parsley and pepper.

**NUTRITION FACTS:**  
92 calories, 2.59g fat,  
23mg sodium, 2.84g fiber



### FROM THE GARDEN FRESH SALAD BAR

Everyday Kennewick Nutrition Services offers a variety of fruits and vegetables that every student can choose from to finish building their plate. They will find salad, baby carrots, a dark green veggie such as broccoli or spinach, a rotation of green beans, peas, corn and healthful legumes such as black beans or garbonzo beans. A variety of fresh and canned fruits are offered daily.

