

**Ripley Primary School
Halls Elementary School
PK- 3rd Grades
Lunch Menu
November 2008**

**Menus are subject to change due to product availability*

3	Cheeseburger French Fries Applesauce Cookie Choice of Milk	4	Baked Ham Green Beans Orange Sections Roll Choice of Milk	5	Hamburger Steak w/ gravy Whipped Potatoes Grapes Roll Choice of Milk	6	Chili Pie Corn Nibbles Pear Halves Choice of Milk	7	School Choice Sandwich Vegetable Soup Peaches Cookie Choice of Milk			
10	Pizza French Fries Banana Cookie Choice of Milk	11	Steak Fingers Broccoli Bites Orange Sections Roll Choice of Milk	12	Spaghetti Green Beans Grapes Roll Choice of Milk	13	Chicken Tenders Whipped Potatoes Peaches Roll Choice of Milk	14	Grilled Chicken Sandwich Vegetable Cup w/ dip Pear Halves Cookie Choice of Milk			
17	Hot Dog Tater Tots Peaches Cookie Choice of Milk	18	Taco's w/ Trimmings Corn Nibbles Grapes Choice of Milk	19	THANKSGIVING MEAL Roasted Turkey w/ Cornbread Dressing Whipped Potatoes Green Beans Cranberry Sauce Roll Choice of Milk	20	MENU SCHOOL'S CHOICE	21	Corndog Vegetable Soup Pear Halves Cookie Choice of Milk			
24	Cheeseburger French Fries Banana Cookie Choice of Milk	25	Baked Ham Green Beans Orange Sections Roll Choice of Milk	26	THANKSGIVING HOLIDAY.....THANKSGIVING HOLIDAY.....			27	28	NO SCHOOL.....NO SCHOOL.....NO SCHOOL.....		

Holiday Eating: a Matter of Moderation & Balance

Be Realistic- eat small low calorie meals during the day so you can enjoy celebration foods without overeating.

Be Active & Keep Moving- walk the aisles in the mall, play football or go hiking after a holiday gathering

Take the Edge off of Hunger-eat a small snack before arriving at you holiday gathering

Make one trip through the buffet line-choose foods you really want to eat and keep the portions small, often a taste satisfies a craving



In accordance with federal law and the U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of discrimination write USDA Director, and Office of Civil Rights, 1400 Independence Avenue, SW Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6385 (TTY). "USDA is an equal opportunity provider and employer"