

November 2018 Lunch Menu

Harvest of the Month: Sweet Potatoes!

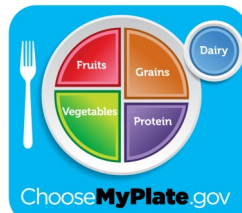


Tuesday

Wednesday

Thursday

Friday



6
Autumn Sweet Potato and Carrot Soup
Hard Boiled Egg
WGR Roll
Mini Apples

7
BYO Taco Day (Ground beef, Beans, Salsa, Cheese, Lettuce, Corn Tortillas)
Orange Slices

1
Fish Tacos (Fish, Tartar Sauce, WGR Tortilla)
Coleslaw
Satsuma Oranges

2
Cheese stick
Celery Sticks w/ Dip
WGR Crackers
Applesauce

13
Lentil Soup
Carrot sticks w/ Dressing
WGR Bread Stick
Cheese Stick
Peaches

14
Tuna Salad Sandwich on WGR Bread
Carrot Sticks
Pineapple Tidbits

8
Chicken tenders
WGR Pretzel Bun w/ BBQ sauce
Mashed Sweet Potato
Pears

9
WGR Soft Pretzel
Hummus
Cucumber Slices
Kiwi

20
Potato Clam Chowder
Cheese Stick
WGR Roll
Mixed melon

21
Un-fried Brown Rice (Egg, Peas, Carrots, Teriyaki Sauce)
Green Salad w/ Dressing
Mandarin Oranges

15
Shepherd's Pie (Turkey, Sweet Potato, Peas & Carrots)
WGR Roll
Tropical Fruit

16
Sweet Potato Puffs w/ Dip
Cheese Stick
WGR Crackers
Bananas

27
Split Pea Soup (Celery, Carrots, Potato)
WGR Saltine Crackers
Pears

28
Cowboy Mac (WGR Pasta, Sweet Potato, Corn, Beans, Carrots, Cheese)
Peaches

22
No School

23
No School

29
Turkey and Cheese Sandwich on WGR Bread
Broccoli/Cauliflower w/ Dip
Apple Quarters

30
WGR Pita Bread
Hummus
Carrot/Celery Sticks
Satsuma Oranges

Sweet potatoes are a delicious root vegetable that can be substituted for regular potatoes in recipes.

Vitamin A promotes a healthy immune system and good vision.

Sweet potatoes come in all the colors of the rainbow! Most commonly you will see varieties that have a white flesh or a dark orange flesh (sometimes called a sweet potato yam).

Choose firm, small to medium sized potatoes with smooth skin. Avoid cracks, soft spots and blemishes. If you aren't sure what color the flesh is, you can gently scratch the peel to reveal the flesh.

Orange sweet potatoes are loaded with beta-carotene, which converts to the antioxidant Vitamin A in our body.

Store sweet potatoes in a cool, dark place for use within 3-5 weeks.

Baked Sweet Potato Fries

Ingredients

- 1 Tablespoon olive or canola oil, to coat
- 2 large sweet potatoes, unpeeled and cut into thin fries
- ½ teaspoons salt
- ½ tsp garlic powder (optional)
- ½ tsp cinnamon (optional)



Directions

1. Preheat oven to 425 degrees.
2. Put cut fries into large ziploc bag (or bowl) with olive oil, put in salt, garlic and cinnamon and shake to coat.
3. Place fries onto baking sheet leaving space between fries.
4. Put in oven for 10 minutes and then flip them over.
5. Place back in for 10 more minutes.
6. They should be soft on the inside and browned on the outside.
7. Let cool for 5 minutes.

You can also try 1/4 packet taco seasoning or your favorite spice instead. Enjoy!

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains. **"WW"** means "Whole Wheat" and specifies that the item contains 100% whole wheat.

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every breakfast.

This institution is an equal opportunity provider.