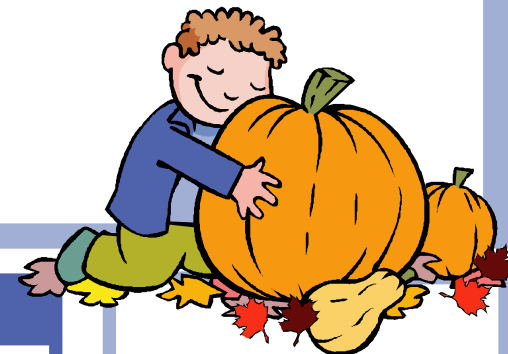


# November 2009

## Leestown Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Bar (24g) <b>2</b> w/Yogurt (24g) Hot Dog on Bun (28g) Tuna Sandwich (34g) Celery Sticks (2g) Fruit Choice (6-15g) Sun Chips	Cinnamania (36g) <b>3</b> Bosco Sticks (52g) Ham Sandwich (38g) Tossed Salad (2g) Fruit Choice (6-15g) Cookie (15g)	Muffins (2) (23g) <b>4</b> Hot Pocket Taco Sticks (2) (54g) Sandwich Choice (28g) Carrot Sticks (4g) Fruit Choice (6-15g) Pretzels (23g)	WG Poptart (35g) <b>5</b> Graham Crackers (2 pkg) (22g) Hamburger on Bun (33g) Turkey Sandwich (35g) Coleslaw (9g) Fruit Choice (6-15g) Sun Chips (19g)	Uncrustable <b>6</b> PBJ (grape) (33g) PBJ (strw) (34g) Toasted Cheese Sandwich (34g) Ham Sandwich (38g) Veggies/Dip (9g) Fruit Choice (6-15g) Elf Graham Crackers (20g)
Elfin Loaf <b>9</b> Blueberry (27g) Banana (28g) Pizzas (28g) Turkey Sandwich (35g) Tossed Salad (2g) Fruit Choice (6-15g) Cookie (15g)	Bagel <b>10</b> w/Cream Cheese (54g) Chicken Patty on Bun (30g) Uncrustable (33G) (34S) Fresh Veggies (8g) Fruit Choice (6-15g) Animal Crackers (22g)	Cereal Choices (20g) <b>11</b> Pizza Cheese (38) Pepp (37) Sub Sandwich (26g) Tossed Salad (2g) Fruit Choice (6-15g) Cookie (15g)	Cereal Bar (24g) <b>12</b> w/Yogurt (24g) Hot Dog on Bun (28g) Tuna Sandwich (34g) Celery Sticks (2g) Fruit Choice (6-15g) Sun Chips (19g)	Cinnamania (36g) <b>13</b> Bosco Sticks (52g) Ham Sandwich (38g) Carrots/Dip (5g) Fruit Choice (6-15g) Cookie (15g)
WG Poptart (35g) <b>16</b> w/Graham Crackers(2 pkg) (22g) Hamburger on Bun (31g) Turkey Sandwich (35g) Coleslaw (9g) Fruit Choice (6-15g) Sun Chips (19g)	Uncrustable <b>17</b> PBJ (grape) (33g) PBJ (stw) (34g) Toasted Cheese Sandwich (34g) Ham Sandwich (38g) Veggies/Dip (9g) Fruit Choice (6-15g) Elf Graham Crackers (20g)	Muffins (2) (23g) <b>18</b> Hot Pocket Taco Sticks (2) (54g) Sandwich Choice (28g) Carrot Sticks (4g) Fruit Choice (6-15g) Pretzels (23g)	Elfin Loaf <b>19</b> Blueberry (27g) Banana (28g) Pizzas (28g) Turkey Sandwich (35g) Tossed Salad (2g) Fruit Choice (6-15g) Cookie (15g)	Bagel <b>20</b> w/Cream Cheese (54g) Chicken Patty on Bun (30g) Uncrustable (33G) (34S) Fresh Veggies/Dip (9g) Fruit Choice (6-15g) Animal Crackers (22g)
Cereal Bar (24g) <b>23</b> w/Yogurt (24g) Hot Dog on Bun (28g) Tuna Sandwich (34g) Celery Sticks (2g) Fruit Choice (6-15g) Sun Chips (19g)	Cinnamania (36g) <b>24</b> Bosco Sticks (52g) Ham Sandwich (38g) Tossed Salad (2g) Fruit Choice (6-15g) Cookie (15g)	<b>25</b> <i>Happy</i>	<b>26</b> <i>Thanksgiving</i>	<b>27</b> 
WG Poptart (35g) <b>30</b> Graham Crackers (2 pkg) (22g) Hamburger on Bun (31g) Turkey Sandwich (35g) Veggies/Dip (9g) Fruit Choice (6-15g) Sun Chips (19g)			For easy online payment visit: <a href="http://www.mealpayplus.com">www.mealpayplus.com</a> or call 1-866-568-0646.	

### News

**Yams are often confused with sweet potatoes, but in fact they are different vegetables. Yams are similar in size and shape to sweet potatoes but contain more natural sugar so they are often sweeter and aren't as rich in vitamins A & C. They aren't as widely grown in the US but can be found in most Latin-American grocery stores.**

