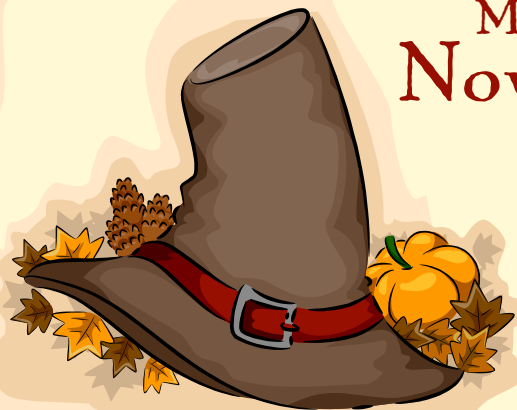


Menus for November 2023



CNMI Public School System,
Child Nutrition Program

This institution is an equal opportunity provider and employer.

Word of the Month ex·cep·tion·al

adj. 1. surpassing what is common or expected 2. unusual; outside the norm 3. well above average; extraordinary

NUTRITION TO GO

Where's the fat hiding in a Thanksgiving meal? A cup of stuffing contains 18 grams of fat, 4 of which are saturated. That's a third of the recommended daily maximum for both, and some of us eat FAR more than a cup! Surprisingly, a cup of gravy contains only 3-5 grams of fat. A little dressing's fine for special meals, but try not to overdo it.

A QUICK BITE FOR PARENTS

BALANCING ACT.

Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits,



veggies, and grains might need a daily vitamin.

But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Wednesday, November 1

Breakfast

Grilled Cheese Sandwich
Fruit/Fruit Smoothie

Lunch

Beef Bulgogi with Bell Peppers,
Bean Sprouts & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice

Vigilicious Salad Bar
WGR Penne Pasta
Fruit

Thursday, November 2

Breakfast

Grilled Ham with Fried Rice
Fruit/Fruit Smoothie

Lunch

Spaghetti Bolognese
WGR Roll
Garlic Spinach
3 Bean Salad
Fruit

Secondary Second Choice

Banh Mi
Pickled Carrots, Radish &
Cucumber
Japanese Salad
Fruit

Friday, November 3

Citizenship Day Public Schools Closed

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Breaded Fish with Sauce
Red Rice
Potato Wedges
Local Vegetables
Fruit



Monday, November 6

Breakfast

Assorted Cereal
Fruit

Lunch

Kung Pao Chicken
with Bell Peppers
Steamed Rice
Sesame Broccoli
Fruit

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Tuesday, November 7

Breakfast

Fried Rice with Chicken Nuggets
Fruit/Fruit Smoothie

Lunch

Grilled Ham Steak
Steamed Brown Rice
Sweet Potato Fries
Texas BBQ Beans
Fruit

Secondary Second Choice

Thai Beef Noodle Bowl
Bell Peppers & Carrots
Mixed Vegetables
Fruit

Wednesday, November 8

Breakfast

Mac & Cheese
Fruit/Fruit Smoothie

Lunch

Beef Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Secondary Second Choice

Taco Salad Bar
WGR Tortilla/Tortilla Chips
Fruit

Thursday, November 9

Breakfast

Sausage Patty with Garlic Rice
Fruit/Fruit Smoothie

Lunch

Chicken Kelaguen
Titiyas/WGR Tortilla
Corn and Potato Salad
Fruit

Secondary Second Choice

Cheese Pizza
Corn and Potato Salad
Fruit

Friday, November 10

Veterans' Day Public Schools Closed

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Chicken Alfredo with Spinach
Garden Salad
Local Vegetables
Fruit

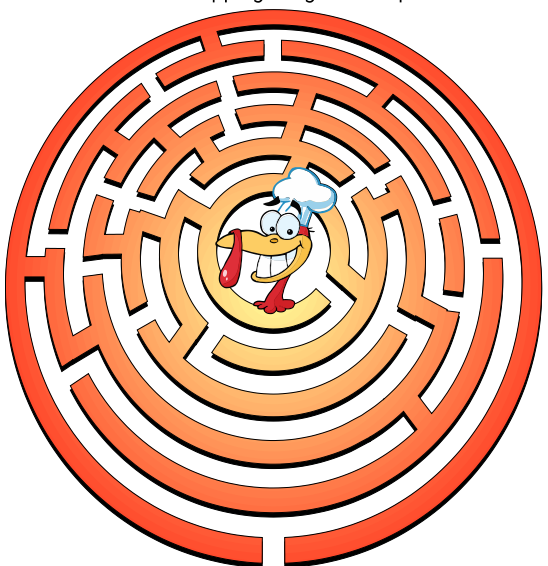
Thank You





Center of Attention!

Turkey is the star attraction on many Thanksgiving tables -- and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, November 13

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Curry with
Carrots and Potatoes
Broccoli
Steamed Rice
Fruit

Secondary Second Choice

Vigilicious Packed Salad
WGR Penne Pasta
Fruit

Tuesday, November 14

Breakfast
Fried Rice with Portuguese
Sausage
Fruit/Fruit Smoothie

Lunch
Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Tofu Lo Mein
Chinese Cabbage
Carrots
Fruit

Wednesday, November 15

Breakfast
Breakfast Burrito
Fruit/Fruit Smoothie

Lunch
Breaded Chicken with Gravy
Mashed Potato
3 Bean Salad
WGR Roll
Fruit

Secondary Second Choice

Vigilicious Salad Bar
WGR Penne Pasta
Fruit

Thursday, November 16

Breakfast
Sausage & Egg Scramble
Steamed Rice
Fruit/Fruit Smoothie

Lunch
Beef Lasagna
Garlic Cauliflower & Broccoli
Corn
Fruit

Secondary Second Choice

Tuna Salad Sandwich on WGR Bun
Sandwich Sides
Japanese Salad
Fruit

Friday, November 17

Breakfast
Pancakes with Syrup
Bacon
Fruit

Lunch
Chicken Adobo
Steamed Rice
Lemon Garlic Kangkung
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice

Vigilicious Packed Salad
WGR Penne Pasta
Fruit

Monday, November 20

Breakfast
Assorted Cereal
Fruit

Lunch
Turkey & Gravy
WGR Roll
Mashed Potato
Steamed Carrots
Fruit

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Tuesday, November 21

Education Day
Public Schools Closed

Breakfast
Ham and Cheese Roll
Fruit/Fruit Smoothie

Lunch
Chicken Burger
Potato Wedges
Broccoli
3 Bean Salad
Fruit

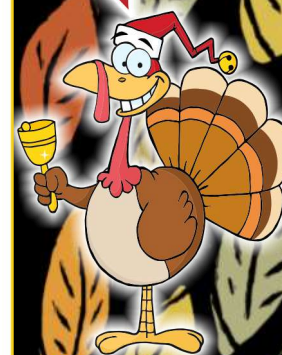
Wednesday, November 22

Public Schools Closed

Breakfast
Pan de Sal with Egg & Cheese
Fruit/Fruit Smoothie

Lunch
Beef Steak with Green Peas &
Onions
Red Rice
Local Vegetables
Broccoli
Fruit

Happy
Thanksgiving!



Friday, November 24

Public Schools Closed

Breakfast
French Toast with Syrup
Sausage
Fruit

Lunch
BBQ Chicken
Red Rice
Corn and Potato Salad
Fruit

Monday, November 27

Breakfast
Assorted Cereal
Fruit

Lunch
Oven Fried Chicken
Red Rice
Corn
Sauteed Spinach
Fruit

Secondary Second Choice

Vigilicious Packed Salad
WGR Penne Pasta
Fruit

Tuesday, November 28

Breakfast
Ground Beef & Veggie
Omelet
Steamed Rice
Fruit/Fruit Smoothie

Lunch
Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Fire Alarm Pizza
Vegetable Sticks & Dip
Fruit

Wednesday, November 29

Breakfast
Grilled Cheese Sandwich
Fruit/Fruit Smoothie

Lunch
Beef Bulgogi with Bell Peppers,
Bean Sprouts & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice

Vigilicious Salad Bar
WGR Penne Pasta
Fruit

Thursday, November 30

Breakfast
Grilled Ham with Fried Rice
Fruit/Fruit Smoothie

Lunch
Spaghetti Bolognese
WGR Roll
Garlic Spinach
3 Bean Salad
Fruit

Secondary Second Choice

Banh Mi
Pickled Carrots, Radish &
Cucumber
Japanese Salad
Fruit

DON'T FORGET TO
SET YOUR
CLOCKS BACK
1 HOUR



NDA NOV. 5