

Menu for November 2008



Johnson City Schools

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Parents can....

Deposit funds in their student's meal account any time!

View cafeteria purchases!

Track meal account balances!

Set up low-balance e-mail reminders!

Schedule recurring payments!



Go to mySchoolBucks.com

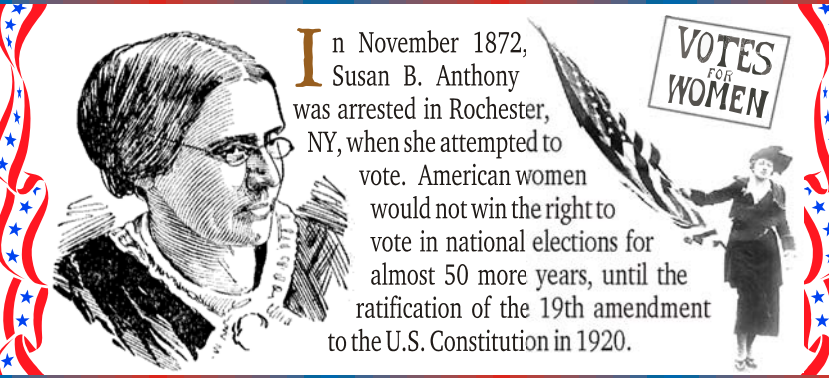
REQUIRED READING.



High Fructose Corn Syrup is used to sweeten processed foods. HFCS accounts for fully 20% of all calories in the diets of many American kids, contributing to childhood obesity and possibly diabetes and other health problems, as well. Want to avoid HFCS? Read the ingredients on nutrition labels.

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

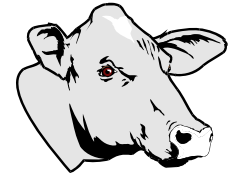
★ OUR NATION'S HISTORY ★



In November 1872, Susan B. Anthony was arrested in Rochester, NY, when she attempted to vote. American women would not win the right to vote in national elections for almost 50 more years, until the ratification of the 19th amendment to the U.S. Constitution in 1920.

★ WITH LIBERTY & JUSTICE FOR ALL ★

MOO TO YOU, TOO



CHOICE OF MILK SERVED WITH ALL COMPLETE MEALS:

- LOWFAT CHOCOLATE
- LOWFAT WHITE
- NON-FAT WHITE

Monday, Nov. 3

Breakfast
French Toast Sticks, syrup
Assorted Cereal
Juice, Milk

Lunch
Pizza

Choice of Two:
Green Beans, Tossed Salad
Assorted Fruits, Juice
Milk

Educare Snack:
Steak Biscuit, Juice

Tuesday, Nov. 4



No School Today
Make sure your family votes!

Wed., Nov. 5

Breakfast
Cheese Omelet
Assorted Cereal
Juice, Milk

Lunch
Taco Salad, salsa, sour cream
Beans and Rice
Choice of Two:
Corn, Tossed Salad,
Assorted Fruits, Juice
Milk

Educare Snack:
Small Pizza, Juice

Thursday, Nov. 6

Breakfast
Cinnamon Toast
Assorted Cereal
Juice, Milk

Lunch
Philly Cheese Steak
Bun

Choice of Two:
Potato Rounds, Tossed Salad,
Assorted Fruits, Juice
Milk

Educare Snack:
Corndog, Juice

Friday, Nov. 7

Breakfast
Muffin
Assorted Cereal
Juice, Milk

Lunch
BBQ Chicken
Homemade WW Roll

Choice of Two:
Mashed Potatoes, Tossed Salad,
Assorted Fruits, Juice
Milk

Educare Snack:
Cheese Breadstick, Marinara, Juice

Monday, Nov. 10

Breakfast
Cereal Bar
Assorted Cereal
Juice, Milk

Lunch
Toasted Cheese Sandwich
Pretzels

Choice of Two:
Pasta Salad, Tossed Salad,
Assorted Fruits, Juice
Milk

Educare Snack:
Cereal, Milk

Tuesday, Nov. 11

Breakfast
Waffle Snax
Assorted Cereal
Juice, Milk

Lunch
Popcorn Chicken
WW Roll

Choice of Two:
Steamed Broccoli, Tossed Salad,
Fruited Jello, Assorted Fruits, Juice
Milk

Educare Snack:
Yogurt, Graham Snacks

Wed., Nov. 12

Breakfast
Cinnamon Biscuit
Assorted Cereal
Juice, Milk

Lunch
Hamburger, trimmings
Bun

Choice of Two:
Corn, Tossed Salad,
Assorted Fruits, Juice
Milk

Educare Snack:
Cheese Cube, Apple Wedges, Juice

Thursday, Nov. 13

Breakfast
PB&J Sandwich
Assorted Cereal
Juice, Milk

Lunch
Glazed Chicken Bites
Rice

Choice of Two:
Green Peas, Tossed Salad,
Assorted Fruits, Juice
Milk

Educare Snack:
Small Pizza, Juice

Friday, Nov. 14

Breakfast
Yogurt
Assorted Cereal
Juice, Milk

Brunch for Lunch
Ham, Egg, Cheese Muffin

Choice of Two:
Potato Rounds, Cooked Apples,
Assorted Fruits, Juice
Milk

Educare Snack:
Corndog, Juice