

Menu for November 2021

CNMI Public School System Child Nutrition Program

This institution is an equal opportunity provider. Menus are subject to change.



Raise your hand if you've been helped by a teacher.



American Education Week ♦ November 15-19

Monday, November 1

Breakfast
Assorted Cereal
Fruit

Lunch
Oven Fried Chicken
Red Rice
Sauteed Spinach
Corn
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Tuesday, November 2

Breakfast
Sausage Links
Garlic Fried Rice
Fruit

Lunch
Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice
5 Alarm Pizza
Vegetable Sticks & Dip
Fruit

Wednesday, November 3

Breakfast
Grilled Cheese Sandwich
Fruit

Lunch
Beef Bulgogi w/ Bell Peppers
Bean Sprouts & Onions
Carrots
Steamed Rice
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Thursday, November 4

**CNMI Citizenship Day
Public Schools Closed**

Breakfast
Grilled Ham
Fried Rice
Fruit

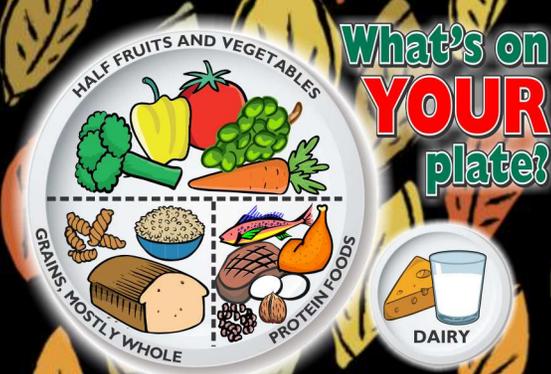
Lunch
Spaghetti Bolognese
Dinner Roll
Garlic Spinach
3 Bean Salad
Fruit

Friday, November 5

Breakfast
Pancakes w/ Syrup
Bacon
Fruit

Lunch
Breaded Fish w/ Sauce
Red Rice
Potato Wedges
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit



Monday, November 8

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Alfredo w/Spinach
Garden Salad
Local Vegetables
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Tuesday, November 9

Breakfast
Tropical Storm Fried Rice
Fruit

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

Secondary Second Choice
Thai Beef Noodle Bowl
Bell Peppers & Carrots
Mixed Vegetables
Fruit

Wednesday, November 10

Breakfast
Macaroni & Cheese
Fruit

Lunch
Beef & Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Thursday, November 11

**Veteran's Day
Public Schools Closed**

Breakfast
Fried Rice with
Chicken Nuggets
Fruit

Lunch
Pepperoni Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Friday, November 12

Breakfast
French Toast w/Syrup
Sausage
Fruit

Lunch
Pork Adobo with Peas and Carrots
Steamed Rice
Broccoli
Fruit
Flavored Milk

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

What-a-melon!

You might ask, "What is this watermelon doing wearing a big pink bow and sitting on a gold throne?"

More importantly, you might ask, "Why is this watermelon square?!"

These square melons debuted in Japan as a trendy gift, selling for around \$200 each.

They're grown in boxes to get the cube shape, and they're meant to be ornamental, and most often they are not meant to be eaten, just admired!



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

WARM AND SOAPY.

You wash your hands to get rid of germs – and water alone can't do that. You need soap and warm water to rinse away bacteria. So soap up your hands, pull them out of the water stream and rub them all over for at least ten or fifteen seconds, and then rinse off.



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

Monday, November 15

Breakfast
 Assorted Cereal
 Fruit

Lunch
 Chicken Curry with Carrots and Potatoes Chunks
 Steamed Rice
 Fruit

Secondary Second Choice
 Salad Bar / packed Salad
 Whole Grain Roll or Crackers
 Fruit

Tuesday, November 16

Breakfast
 Fried Rice with Portuguese Sausage
 Fruit

Lunch
 Cheeseburger Sandwich Sides
 Sweet Potato Fries
 Fruit

Secondary Second Choice
 Chicken Burger Sandwich Sides
 Sweet Potato Fries
 Fruit

Wednesday, November 17

Breakfast
 Ham & Cheese Roll
 Fruit

Lunch
 Breaded Chicken with Gravy
 Mashed Potatoes
 Dinner Roll
 Broccoli
 3 Bean Salad
 Fruit

Secondary Second Choice
 Salad Bar / packed Salad
 Whole Grain Roll or Crackers
 Fruit

Thursday, November 18

Breakfast
 Sausage Patty with Garlic Rice
 Fruit

Lunch
 Beef Lasagna
 Garlic Cauliflower & Broccoli
 Corn
 Fruit

Secondary Second Choice
 Tuna Salad Sandwich
 Whole Grain Bun
 Sandwich Sides
 Japanese Salad
 Fruit

Friday, November 19

Breakfast
 Pancakes w/Syrup
 Bacon
 Fruit

Lunch
 Breaded Fish w/Sauce
 Red Rice
 Potato Wedges
 Local Vegetables
 Fruit
 Flavored Milk

Secondary Second Choice
 Salad Bar / packed Salad
 Whole Grain Roll or Cr

STALACTITE

Hangs from the Ceiling of a cave - contains the letter "c"

Underground caves contain cool formations called "stalactites" and "stalagmites." They form when water seeps through the ground and drips from the cave ceiling.

STALAGMITE

Grows from the Ground of a cave - contains the letter "g"

There are caves you can tour in almost every state. You're probably no more than a few hours away from one!

Monday, November 22

Breakfast
 Assorted Cereal
 Fruit

Lunch
 Chicken Burger
 Potato Wedges
 Broccoli
 Fruit

Secondary Second Choice
 Salad Bar / packed Salad
 Whole Grain Roll or Crackers
 Fruit

Tuesday, November 23

Breakfast
 Ground Beef & Vegetable Omelet
 Steamed Rice
 Fruit

Lunch
 Turkey and Gravy
 Dinner Roll
 Mashed Potatoes
 Steamed Carrots
 Fruit

Secondary Second Choice
 Sub Sandwich on WGR Roll
 Honey Onion Dressing
 Vegetable Sticks & Dip
 Fruit

Monday, November 29

Breakfast
 Assorted Cereal
 Fruit

Lunch
 Oven Fried Chicken
 Red Rice
 Sautéed Spinach
 Corn
 Fruit

Secondary Second Choice
 Salad Bar / packed Salad
 Whole Grain Roll or Crackers
 Fruit

Tuesday, November 30

Breakfast
 Sausage Links
 Garlic Fried Rice
 Fruit

Lunch
 Marianas BBQ Cheeseburger
 Sandwich Sides
 Sweet Potato Fries
 Fruit

Secondary Second Choice
 5 Alarm Pizza
 Vegetable Sticks & Dip
 Fruit



ABOVE and BEYOND



If the state of Alaska were placed inside the continental United States, it would stretch from coast to coast and from Canada to Texas. At their closest point, Alaska and Russia are only 55 miles apart.