

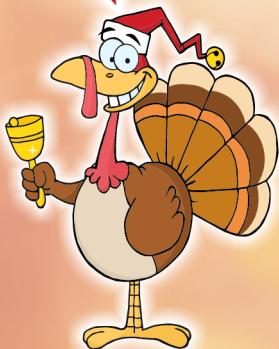
# Menus for November 2022

**CNMI Public School System, Child Nutrition Program**

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

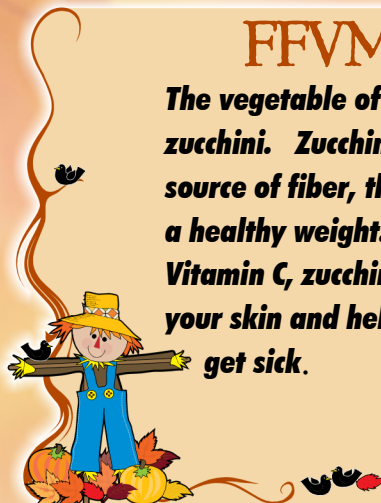


What are you thankful for in your life?



## FFVM

**The vegetable of the month is zucchini. Zucchini is a good source of fiber, this helps keep a healthy weight. High in Vitamin C, zucchini is good for your skin and helps you to not get sick.**



## DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



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

**Tuesday, November 1**

### **Breakfast**

Ground Beef & Veggie  
Omelet  
Steamed Rice  
Fruit

### **Lunch**

Marianas BBQ Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

### **Secondary Second Choice**

Fire Alarm Pizza  
Vegetable Sticks & Dip  
Fruit

**Wed., November 2**

### **Breakfast**

Grilled Cheese Sandwich  
Fruit

### **Lunch**

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

### **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Thursday, November 3**

### **Breakfast**

Grilled Ham with Fried Rice  
Fruit

### **Lunch**

Spaghetti Bolognese  
WGR Roll  
Garlic Spinach  
3 Bean Salad  
Fruit

### **Secondary Second Choice**

Chicken Kelaguen  
Titiyas  
Vegetable Sticks and Dip  
Japanese Salad  
Fruit

**Friday, November 4**

**CNMI Citizenship Day  
Public Schools Closed**

### **Breakfast**

Pancakes with Syrup  
Bacon  
Fruit

### **Lunch**

Breaded Fish with Sauce  
Red Rice  
Potato Wedges  
Local Vegetables

## Word of the Month

char·i·ta·ble

adj. 1. full of love for and goodwill toward others 2. Generous to those in need 3. merciful or kind in judging others

**Monday, November 7**

### **Breakfast**

Assorted Cereal  
Fruit

### **Lunch**

Kung Pao Chicken  
with Bell Peppers  
Steamed Rice  
Sesame Broccoli  
Flavored Milk  
Fruit

### **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Tuesday, November 8**

**Election Day  
Public Schools Closed**

### **Breakfast**

Fried Rice with Chicken Nuggets  
Fruit

### **Lunch**

Chicken Burger  
Potato Wedges  
Broccoli  
Fruit

**Wed., November 9**

### **Breakfast**

Mac & Cheese  
Fruit

### **Lunch**

Beef Broccoli  
Steamed Rice  
Mixed Vegetables  
Fruit

### **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Thursday, November 10**

### **Breakfast**

Sausage Patty with Garlic Rice  
Fruit

### **Lunch**

Cheese Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

### **Secondary Second Choice**

Hawaiian Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

**Friday, November 11**

**Veteran's Day  
Public Schools Closed**

### **Breakfast**

French Toast with Syrup  
Sausage  
Fruit

### **Lunch**

Chicken Alfredo with Spinach  
Garden Salad  
Local Vegetables  
Fruit

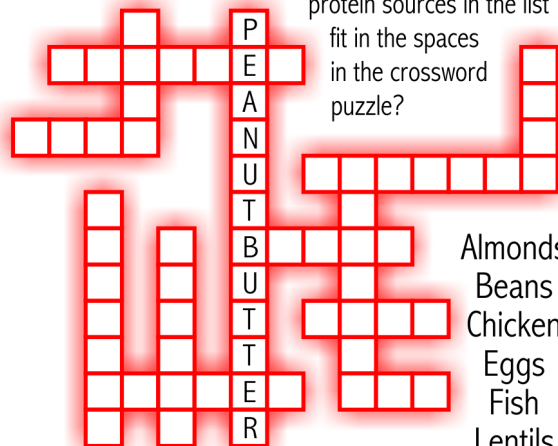




# Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?



Almonds  
Beans  
Chicken  
Eggs  
Fish  
Lentils  
Milk  
Pork  
Soy  
Turkey  
Walnuts  
Yogurt



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

<b>Monday, November 14</b> <b>Breakfast</b> Assorted Cereal Fruit  <b>Lunch</b> Chicken Curry with Carrots and Potatoes Broccoli Steamed Rice Fruit <b>Secondary Second Choice</b> Salad Bar/Packed Salad WGR Roll or Crackers Fruit	<b>Tuesday, November 15</b> <b>Breakfast</b> Fried Rice with Portuguese Sausage Fruit  <b>Lunch</b> Cheeseburger Sandwich Sides Sweet Potato Fries Fruit <b>Secondary Second Choice</b> Chickenburger Sandwich Sides Sweet Potato Fries Fruit	<b>Wed., November 16</b> <b>Breakfast</b> Ham and Cheese Roll Fruit  <b>Lunch</b> Breaded Chicken with Gravy Mashed Potato 3 Bean Salad WGR Roll Fruit <b>Secondary Second Choice</b> Salad Bar/Packed Salad WGR Roll or Crackers Fruit	<b>Thursday, November 17</b> <b>Breakfast</b> Sausage & Egg Scramble Steamed Rice Fruit  <b>Lunch</b> Beef Lasagna Garlic Cauliflower & Broccoli Corn Fruit <b>Secondary Second Choice</b> Tuna Salad Sandwich on WGR Bun Sandwich Sides Japanese Salad Fruit	<b>Friday, November 18</b> <b>Breakfast</b> Pancakes with Syrup Bacon Fruit  <b>Lunch</b> Chicken Piccata Garden Salad Local Vegetables Flavored Milk Fruit <b>Secondary Second Choice</b> Salad Bar/Packed Salad WGR Roll or Crackers Fruit
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<b>Monday, November 21</b> <b>Breakfast</b> Assorted Cereal Fruit  <b>Lunch</b> Grilled Ham Steak Steamed Brown Rice Sweet Potato Fries Texas BBQ Beans Fruit <b>Secondary Second Choice</b> Salad Bar/Packed Salad WGR Roll or Crackers Fruit	<b>Tuesday, November 22</b> <b>Breakfast</b> Sausage Links Garlic Fried Rice Fruit  <b>Lunch</b> Turkey & Gravy WGR Roll Mashed Potato Steamed Carrots Fruit <b>Secondary Second Choice</b> Subway Sandwich with Honey Onion Dressing on WGR Bun Vegetable Sticks & Dip Fruit	<b>Wed., November 23</b> <b>Education Day</b> <b>Public Schools Closed</b>  <b>Breakfast</b> Pan de Sal with Egg & Cheese Fruit  <b>Lunch</b> Beef Steak with Green Peas & Onions Red Rice Local Vegetables Broccoli
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## THANKS GIVING!



ENJOY YOUR HOLIDAY!

SEE YOU MONDAY!

<b>Friday, November 25</b> <b>Public Schools Closed</b>  <b>Breakfast</b> French Toast with Syrup Sausage Fruit  <b>Lunch</b> BBQ Chicken Red Rice Corn and Potato Salad Flavored Milk Fruit
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<b>Monday, November 28</b> <b>Breakfast</b> Assorted Cereal Fruit  <b>Lunch</b> Oven Fried Chicken Red Rice Corn Sautéed Spinach Fruit <b>Secondary Second Choice</b> Salad Bar/Packed Salad WGR Roll or Crackers Fruit	<b>Tuesday, November 29</b> <b>Breakfast</b> Ground Beef & Veggie Omelet Steamed Rice Fruit  <b>Lunch</b> Marianas BBQ Cheeseburger Sandwich Sides Sweet Potato Fries Fruit <b>Secondary Second Choice</b> Fire Alarm Pizza Vegetable Sticks & Dip Fruit	<b>Wed., November 30</b> <b>Breakfast</b> Grilled Cheese Sandwich Fruit  <b>Lunch</b> Beef Bulgogi with Bell Peppers, Bean Sprouts & Onions Steamed Rice Carrots Fruit <b>Secondary Second Choice</b> Salad Bar/Packed Salad WGR Roll or Crackers Fruit
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AMERICAN COUGARS GROW UP TO **8 FEET LONG** AND CAN WEIGH **200 POUNDS**, BUT THEY AREN'T CONSIDERED ONE OF THE "BIG CATS" BECAUSE **THEY CAN'T ROAR**. THE SOUNDS THEY MAKE ARE THE SAME PURRS, SCREAMS, HISSES, AND LOW-PITCHED GROWLS THAT **THE FAMILY CAT MAKES- ONLY LOUDER!**

## STRANGE BUT TRUE!

