

This Month in the Cafeteria

EXPRESSABLE SANDWICH *

MON	Three Cheese Sub
TUE	SunButter and Jelly Sandwich
WED	Chicken Sticks Wrap
THUR	All American Sub
FRI	Turkey and Cheese on a Multi Grain Roll
DAILY	<u>FUN ON THE RUN**</u>

SALAD

Popcorn Chicken Salad with Wheat Dinner Roll
Turkey, Ham and Cheese Chef Salad with Italian Roll
Taco Salad with Shredded Lettuce, Nacho Chips and Taco Sauce Pack
Peppi Pizza Salad with Pan Roll
Chicken Caesar Salad with French Roll

*Expressable Sandwich lunch includes sandwich of the day, pickle chips, fresh apple and SunChips

**Fun on the Run includes bagel and cream cheese, baby carrots and dip, string cheese, Yoplait yogurt and fruit juice cup



Sodexo is a partner in the MyPyramid Corporate Challenge to promote healthy food and lifestyle choices. For more information on healthy eating, visit www.mypyramid.gov.

Cranberries . . . For Your Well-Being

According to the US Centers for Disease Control and Prevention, heart disease is the leading cause of death in the US for both men and women. Eating a heart healthy diet is one important step you can take to reduce your risk of heart disease. Whole cranberries are a good source of dietary fiber, and all cranberry products contain antioxidants such as Vitamins A, C and E as well as flavonoids and polyphenols which offers many health benefits.

True or False: Drinking cranberry juice promotes urinary tract health because the juice increases the acidity of urine in the bladder and therefore kill the bacteria that cause urinary tract infections.

Answer: False—Cranberries contain compounds called proanthocyanidins (PACs) that have strong bacterial anti-sticking properties. Instead of bacteria sticking to the bladder wall and causing an infection, the bacteria get flushed out in the urine.

Did you know . . . Cranberries are ranked in the top 5 foods that have the highest antioxidant content per serving. Try fresh or dried cranberries, the Cranberry Orange Relish recipe on the right or 100% cranberry juice TODAY!

Cranberry Orange Relish Ten 2-ounce servings

- 1 Orange, washed and dried
- 1 (12 ounce) bag Fresh Cranberries
- 1/2 cup Sugar
- 1/8 teaspoon Cinnamon

Cut unpeeled orange into large chunks. Pulse orange chunks, cranberries, sugar and cinnamon in a food processor until finely chopped.

Refrigerate in a large bowl, covered for a least two hours to allow the flavors to combine.

Refrigerate up to 3 days.

Calories: 60
Total Fat: 0g Protein: 0g
Total Carbohydrate: 15g

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to www.besmart-eatsmart-livesmart.com.

PAYMENT GUIDELINES

Submit cash or check in an envelope marked clearly with the words "Lunch Payment" and your child's name and ID number. Make checks payable to Naperville C.U.S.D. #203. Write your child's name and ID number in the memo section of the check.

- On-line payments may be made at www.cafeprepay.com. Follow the prompts to Parent Information and New Users. There is a minimum payment of \$50 (plus convenience fee) per account.
- How much does lunch cost (including milk)? 1 lunch costs \$2.05; 5 lunches cost \$10.25; 10 lunches cost \$ 20.50; 25 lunches cost \$51.25.
- How much does a reduced lunch cost (including milk)? 1 lunch \$0.40; 5 lunches \$2.00; 10 lunches \$4.00; 25 lunches \$10.00.
- Milk is available a la carte for \$0.30. The price of milk for free or reduced students who want milk only (no lunch) is also \$0.30.

NOVEMBER 2009

NAPERVILLE DISTRICT 203 ELEMENTARY MENU

MONDAY

2
Oven Baked Chicken Sticks
or
Cheese Quesadilla
SIDES INCLUDE:
Dinner Roll
"From the Garden"
Fruit & Vegetable
Sides Bar

TUESDAY

3
Make Your Own Pita Pizza
or
José Olé Chicken, Bean, Cheese & Rice Burrito
SIDES INCLUDE:
"From the Garden"
Fruit & Vegetable
Sides Bar
Icy Juicy

WEDNESDAY

4
Sweet and Sour Chicken
or
Mini Corn Dogs
SIDES INCLUDE:
Brown Rice
"From the Garden"
Fruit & Vegetable
Sides Bar
Fortune Cookie

THURSDAY

5
Macaroni and Cheese
or
Soft Shell Beef Taco with Shredded Lettuce and Cheese
SIDES INCLUDE:
Green Beans
"From the Garden"
Fruit & Vegetable
Sides Bar

FRIDAY

6
Chicken Parmesan on a Bun
or
Tony's Smart Cheese Pizza
SIDES INCLUDE:
Golden Corn
"From the Garden"
Fruit & Vegetable
Sides Bar

9
Oven Baked Chicken Nuggets with Corn Muffin
or
Cheeseburger on a Bun
SIDES INCLUDE:
"From the Garden"
Fruit & Vegetable
Sides Bar

10
French Toast with Sausage Patty and Syrup
or
Turkey Hot Dog on a Bun
SIDES INCLUDE:
"From the Garden"
Fruit & Vegetable
Sides Bar

11
BBQ Rib Sandwich
or
Chicken Taco with Shredded Lettuce and Cheese
SIDES INCLUDE:
Spanish Rice
"From the Garden"
Fruit & Vegetable
Sides Bar

12
Penne Pasta with Meat or Marinara Sauce and Italian Roll
or
Chicken Patty on a Bun
SIDES INCLUDE:
"From the Garden"
Fruit & Vegetable
Sides Bar
Sugar Cookie

13
Fun Fish Nuggets
or
French Bread Pizza
SIDES INCLUDE:
Oven Baked Crinkle Fries
"From the Garden"
Fruit & Vegetable
Sides Bar

16
Oven Baked Chicken Tenders
or
Hamburger on a Bun
SIDES INCLUDE:
Corn on the Cobb
"From the Garden"
Fruit & Vegetable
Sides Bar

17
Cheesy Breadsticks with Marinara Sauce
or
Chicken Fajitas with Sour Cream and Salsa
SIDES INCLUDE:
"From the Garden"
Fruit & Vegetable
Sides Bar
Chocolate Pudding

18 A Novel Lunch
"The Ugly Pumpkin"
by Dave Horowitz

Thanksgiving Dinner!
Roasted Turkey
Chunks with Gravy
Whipped Potatoes
Garden Peas
Dinner Roll
Pumpkin Cake

19
Rotini with Marinara Sauce or Meatballs and Sauce and Breadstick
Or
Carnival Corn Dog
SIDES INCLUDE:
"From the Garden"
Fruit & Vegetable
Sides Bar

20
Hot Ham and Cheese Sandwich
or
Pizza Party!
Cheese Pizza
SIDES INCLUDE:
"From the Garden"
Fruit & Vegetable
Sides Bar
Icy Juicy

23
Oven Baked Popcorn Chicken
or
Hamburger on a Bun
SIDES INCLUDE:
Oven Baked Tater Tots
"From the Garden"
Fruit & Vegetable
Sides Bar

24
Cheddar Cheese Omelet
or
Turkey Hot Dog on a Bun
SIDES INCLUDE:
Hash Brown Potato
"From the Garden"
Fruit & Vegetable
Sides Bar

25
No Lunch Served
Staff Development

26
No Lunch Served



27
No Lunch Served

30
Oven Baked Chicken Tenders
or
Cheeseburger on a Bun
SIDES INCLUDE:
Oven Baked Smile Fries
"From the Garden"
Fruit & Vegetable
Sides Bar

Produce
Of the Month:
Cranberries!



All lunches are \$2.05 and include choice of skim, 1%, or chocolate milk.

Milk is also available a la carte for \$.30.

Salad, Expressable Sandwich Lunch, and Fun on the Run vegetarian lunch are available daily.

See back for complete menu.

