

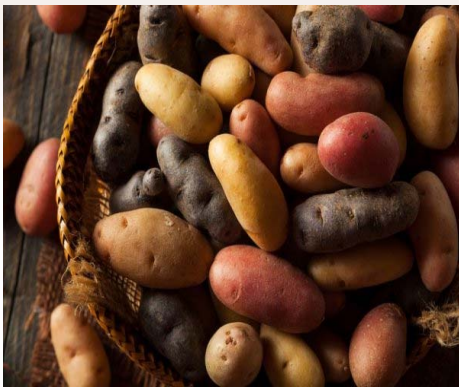


Menu for November 2021

Grants Pass School District No. 7

All grains served are whole grain-rich. Milk - White 1%, Skim, or Non Fat Chocolate Vegetables for the week will include—Dark Green, Red/Orange, Beans/Peas, Starchy, and Additional Vegetables

POTATOES



Farm to School

Farm to School connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers. To learn more visit www.farmtoschool.org.

MENU SUBJECT TO CHANGE

“This institution is an equal opportunity provider.”

| Monday, Nov. 1 | Tuesday, Nov. 2 | Wednesday, Nov. 3 | Thursday, Nov. 4 | Friday, Nov 5 |
|--|--|--|--|---|
| Breakfast Fruit Muffin Lunch Chicken Nuggets or PBJ Sandwich Daily, Fruit, Vegetable, and Milk Variety | Breakfast French Toast Lunch Local Roast Beef w/Hawaiian Roll or Deli Sandwich <i>Mashed Taters w/Gravy</i> Daily, Fruit, Vegetable, and Milk Variety | Breakfast Warm Oatmeal Lunch Grilled Cheese Sandwich or Hot Diggity Dog <i>Tomato Vegetable Soup</i> Daily, Fruit, Vegetable, and Milk Variety | Breakfast Breakfast Burrito Lunch Chicken Soft Taco or Deli Sandwich <i>Refried Beans</i> Daily, Fruit, Vegetable, and Milk Variety | Breakfast Cinnamon Bun Lunch Calzone or PBJ Sandwich <i>Cookie</i> Daily, Fruit, Vegetable, and Milk Variety |
| Monday, Nov. 8 | Tuesday, Nov. 9 | Wednesday, Nov. 10 | Thursday, Nov. 11 | Friday, Nov. 12 |
| Breakfast Benefit Bar Lunch Chicken and Noodles or PBJ Sandwich <i>Cheddar Goldfish</i> Daily, Fruit, Vegetable, and Milk Variety | Breakfast Mini Pancakes Lunch Ravioli w/Breadstick or Deli Sandwich <i>Baked Beans</i> Daily, Fruit, Vegetable, and Milk Variety | Breakfast Yogurt and Grahams Lunch Scrambled Eggs/ Cheese with Waffles or PBJ Sandwich <i>Tater Patty</i> Daily, Fruit, Vegetable, and Milk Variety | NO CLASSES | NO CLASSES |





Potato Turnip Gratin

Ingredients

- ½ cup **onion**, finely diced
- 1 Tablespoon **butter** or **margarine**
- ½ teaspoon **salt**
- ½ teaspoon **garlic powder**
- ¼ teaspoon **pepper**
- 2 Tablespoons **flour**
- 1 ⅓ cups nonfat or 1% **milk**
- 2 ⅓ cups **potatoes**, sliced thinly
- 1 cup **turnips**, sliced thinly
- ¼ cup grated **parmesan cheese**
- 4 teaspoons **butter** or **margarine**
- 2 Tablespoons dry **bread crumbs**

Directions

1. In a saucepan over medium heat, sauté onions in 1 Tablespoon margarine until softened.
2. Stir in salt, garlic powder, pepper, and flour until smooth. Add milk slowly, stirring rapidly to avoid lumps. Stir constantly until the sauce bubbles and thickens slightly. Remove from heat .
3. Place mixed potatoes and turnips in layers in a lightly oiled or sprayed baking dish.
4. Pour sauce over the potato mixture; sprinkle with parmesan cheese.
5. Melt 2 teaspoons butter; mix with the dry bread crumbs and sprinkle evenly over top.
6. Bake at 350 degrees for 50 minutes or until the sauce is bubbling and the bread crumbs have browned. Potatoes and turnips should be tender when poked with a fork.
7. Refrigerate leftovers within 2 hours.

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| <p>Monday, Nov. 15</p> <p>Breakfast Cereal Bar</p> <p>Lunch Roasted Chicken w/Corn Muffin Chicken or PBJ Sandwich Baked Beans</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p> | <p>Tuesday, Nov. 16</p> <p>Breakfast Mini Waffles</p> <p>Lunch Saucy Spaghetti w/Pretzel Goldfish or Deli Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p> | <p>Wednesday, Nov. 17</p> <p>Breakfast Bagel Day</p> <p>Lunch Corn Dog or BBQ Pulled Pork Wrap Tater Patty</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p> | <p>Thursday, Nov. 18</p> <p>Breakfast Pancake on a Stick</p> <p>Lunch Quesadilla or Deli Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p> | <p>Friday, Nov. 19</p> <p>Breakfast Mini Breakfast Bites</p> <p>Lunch Manager's Choice</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p> |
| <p>Monday, Nov. 22</p> <p>NO CLASSES</p> | <p>Tuesday, Nov. 23</p> <p>NO CLASSES</p> | <p>Wednesday, Nov. 24</p> <p>NO CLASSES</p> | <p>Thursday, Nov. 25</p> <p>NO CLASSES Thanksgiving</p>  | <p>Friday, Nov. 26</p> <p>NO CLASSES</p> |
| <p>Monday, Nov. 29</p> <p>Breakfast Fruit Muffin</p> <p>Lunch Chicken Nuggets or PBJ Sandwich Cheez-its</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p> | <p>Tuesday, Nov. 30</p> <p>Breakfast French Toast</p> <p>Lunch Saucy Meatball Sub or Deli Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p> |  | | |

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