



Lighthouse Academy and Metro Middle School BREAKFAST MENU

**November
2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Banana Chocolate Bread Yogurt Juice Milk	NO SCHOOL
			1	2
Cereal Cheese Stick Juice Milk	Cheese Omelet Fresh Fruit Milk (Middle- 2 oz Muffin)	Banana Chocolate Bread Yogurt Canned Fruit Milk	Hard Cooked Egg Bagel with Cream Cheese Juice Milk	French Toast Sticks with Syrup Canned Fruit Milk (Middle- WG Cinnamon Roll)
5	6	7	8	9
Cereal Cheese Stick Juice Milk	Breakfast Sandwich Fruit Juice Milk (middle - 2 OZ Muffin)	Cereal Cheese Stick Juice Milk	Whole Grain Muffin Yogurt Juice Milk	Waffle Sticks with Syrup Canned Fruit Milk (Middle- WG Cinnamon Roll)
12	13	14	15	16
Cereal Cheese Stick Juice Milk	Pancakes with Syrup Fresh Fruit Milk (middle - 2 OZ Muffin)	NO SCHOOL	NO SCHOOL	NO SCHOOL
19	20	21	22	23
Cereal Cheese Stick Juice Milk	Breakfast Sandwich Fresh Fruit Milk (middle - 2 OZ Muffin)	Banana Chocolate Bread Yogurt Canned Fruit Milk	Hard Cooked Egg Bagel with Cream Cheese Juice Milk	French Toast Sticks with Syrup Canned Fruit Milk (Middle- WG Cinnamon Roll)
26	27	28	29	30

Menus are subject to change without notice.









USDA is an equal opportunity provider and employer.





Lighthouse Academy of Nations LUNCH MENU



**November
2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOVEMBER HARVEST OF THE MONTH Pear Squash  Quinoa</p>	<p><i>You are what you eat.</i> EAT HEALTHY!!!</p>		<p>Macaroni -n- Cheese 1/2 Turkey Sandwich w/ Lowfat Mayo OR Crispy Chicken Wrap Fruited Jello</p> <p>Red Peppers Romaine Salad w/ FF Dressing Cucumbers 1  Fresh Pear~ Peaches</p>	<p>NO SCHOOL</p>
<p>Chicken Tenders w/ BBQ Sauce WG Biscuit and Butter Blend OR Yogurt Pak Garlic Mashed Potatoes</p> <p>Lentil Salad Sweet Potato Sticks Broccoli Florets 5 Oranges~ Mixed Fruit</p>	<p>Cheesy Bean Quesadilla w/ Salsa OR BBQ Chicken on a WG Bun  South of the Border Squash</p> <p>South American Chickpea Salad Cherry Tomatoes Spinach Salad w/ FF Dressing 6  Fresh Pear~Peaches</p>	<p>Hot Dog on a WG Bun w/ Ketchup, Mustard OR Garden Pasta Alfredo w/ WG Garlic Breadstick Whole Kernel Corn</p> <p>Sweet Potato Sticks Broccoli Florets Green Peppers 7 Banana-Diced Pears</p>	<p>Domino's SmartSlice Cheese Pizza OR Taco Salad Carrot Coins</p> <p> Autumn Quinoa Salad Cherry Tomatoes Spinach Salad w/ FF Dressing 8 Fresh Pineapple~Apple Slices</p>	<p>BOXED LUNCH Turkey and Cheese Sub Sandwich Baby Carrots Cucumbers Orange Smiles</p>
<p>Chicken Patty on a WG Bun w/ Lowfat Mayo OR Italian Sub Sweet Potato Fries</p> <p>Baby Carrots Romaine Salad w/ FF Dressing Cucumber Slices 12 Red Grapes~Pineapple Tidbits</p>	<p>Pizza Bake w/ WG Garlic Toast OR Chicken Caesar Wrap Green Beans</p> <p>Italian Herbed Bean Salad Red Peppers Spinach w/ FF Dressing 13 Fresh Pears~Peaches</p>	<p>Beefy Nachos w/ Cheese Sauce & Salsa OR Popeye Salad w/ 2 Breadsticks Pinto Beans</p> <p>Cherry Tomatoes Broccoli Florets Green Peas 14 Melon Slices~Mixed Fruit</p>	<p>Oven Roasted Turkey and Gravy Mashed Potatoes, Cornbread, Butter Blend OR Southwest Chicken Salad Corn</p> <p>3 Bean Salad Red Peppers Spinach w/ FF Dressing 15 Local Apples~Pear Slices</p>	<p>BOXED LUNCH Chicken Caesar Salad Breadstick Banana Cherry Tomatoes</p>
<p>Cheeseburger on a WG Bun w/ Ketchup, Mustard OR Crispy Chicken Salad w/ WG Roll & B. Blend French Fries</p> <p>Baby Carrots Broccoli Salad Celery Sticks 19 Apples~Peach Slices</p>	<p>Stromboli w/ Marinara Sauce OR  Honey Mustard Turkey Wrap Roasted Butternut Squash</p> <p>Lemon Garbanzo Salad Cherry Tomatoes Romaine Salad w/ FF Dressing 20 Fresh Pineapple~Diced Pears</p>	<p>No School</p>	<p> Happy Thanksgiving</p>	<p>No School</p>
<p>Toasted Cheese Sandwich w/ Tomato Soup OR Turkey Ranch Wrap Breakfast Potatoes</p> <p>Cherry Tomatoes Spinach Salad w/ FF Dressing Cucumbers 26 Apples~Orange Juice</p>	<p>Spaghetti w/ Meat Sauce WG Garlic Toast OR Chef Salad w/ WG Roll & B.Blend Green Peas</p> <p>Italian Herbed Bean Salad Baby Carrots Broccoli Florets 27  Fresh Pears~Pineapple Tidbits</p>	<p>Homemade Italian Cheesebread w/ Marinara Sauce OR Turkey Sub Garlic & Herb Broccoli</p> <p>Baby Carrots Broccoli Florets Celery Sticks 28 Apples~Peach Slices</p>	<p>Domino's SmartSlice Cheese Pizza OR new Kickin Chicken Pizza</p> <p>Cherry Tomatoes Spinach Salad w/ FF Dressing Cucumbers 29 Banana~Mandarin Oranges</p>	<p>BOXED LUNCH Turkey and Cheese Sub Sandwich Lentil Salad Carrot Pack Orange Smiles</p>

 Prepared From Scratch

 Whole Grain Item
 Harvest of the Month

NEW

Did You Know?

Cigarette smoke contains 4,800 chemicals, 69 of which cause cancer.

Smokers get 10 times more wrinkles than non-smokers

Humans lose an average of 40 - 100 strands of hair a day.

Redheads require up to 20% more anesthesia to be knocked out.

Enamel is the hardest substance in the human body.

The brain stops growing at 18 years. It shrinks 1/4% in mass per year after 30.

A person can live without food for about a month, but only about a week without water

Lack of water is the #1 trigger of daytime fatigue.

Eyes are the same size from birth, but ears and noses never stop growing.



Add fresh vegetables and fruit to your lunch each day.

Each meal must have a combined **1/2 cup total of fruit and vegetable** on the tray.

5-8 students may take up to **3/4 cup vegetable and 1/2 cup fruit.**

Metro College Prep HS & MS
2600 26th Ave S
Minneapolis, MN 55406
(612) 722-2555
www.lighthouse.charter.k12.mn.us

Menus are subject to change without notice.

USDA is an equal opportunity provider and employer.



Milk Choice of 1% White, Skim, or Chocolate Skim is included with Lunch



Metro Middle School LUNCH MENU



**November
2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOVEMBER HARVEST OF THE MONTH Pear Squash Quinoa</p>	<p><i>You are what you eat.</i> EAT HEALTHY !!!</p>		<p>Macaroni -n- Cheese 1/2 Turkey Sandwich w/ Lowfat Mayo Fruited Jello</p> <p>Red Peppers Romaine Salad w/ FF Dressing Cucumbers 1 Fresh Pear~ Peaches</p>	<p>NO SCHOOL</p>
<p>Chicken Tenders w/ BBQ Sauce WG Biscuit and Butter Blend Garlic Mashed Potatoes</p> <p>Lentil Salad Sweet Potato Sticks Broccoli Florets Oranges~ Mixed Fruit</p> <p>5</p>	<p>Cheesy Bean Quesadilla w/ Salsa South of the Border Squash</p> <p>South American Chickpea Salad Cherry Tomatoes Spinach Salad w/ FF Dressing 6 Fresh Pear~Peaches</p>	<p>Hot Dog on a WG Bun w/ Ketchup, Mustard Whole Kernel Corn</p> <p>Sweet Potato Sticks Broccoli Florets Green Peppers Banana~Diced Pears</p> <p>7</p>	<p>Domino's SmartSlice Cheese Pizza Carrot Coins</p> <p> Autumn Quinoa Salad Cherry Tomatoes Spinach Salad w/ FF Dressing 8 Fresh Pineapple~Apple Slices</p>	<p>BOXED LUNCH Turkey and Cheese Sub Sandwich Baby Carrots Cucumbers Orange Smiles</p>
<p>Chicken Patty on a WG Bun w/ Lowfat Mayo Sweet Potato Fries</p> <p>Baby Carrots Romaine Salad w/ FF Dressing Cucumber Slices Red Grapes~Pineapple Tidbits</p> <p>12</p>	<p>Pizza Bake w/ WG Garlic Toast Green Beans</p> <p>Italian Herbed Bean Salad Red Peppers Spinach w/ FF Dressing Fresh Pears~Peaches</p> <p>13</p>	<p>Beefy Nachos w/ Cheese Sauce & Salsa Pinto Beans</p> <p>Cherry Tomatoes Broccoli Florets Green Peas Melon Slices~Mixed Fruit</p> <p>14</p>	<p>Oven Roasted Turkey and Gravy Mashed Potatoes, Cornbread, Butter Blend Corn</p> <p>3 Bean Salad Red Peppers Spinach w/ FF Dressing Local Apples~Pear Slices</p> <p>15</p>	<p>BOXED LUNCH Chicken Caesar Salad Breadstick Banana Cherry Tomatoes</p>
<p>Cheeseburger on a WG Bun w/ Ketchup, Mustard French Fries</p> <p>Baby Carrots Broccoli Salad Celery Sticks Apples~Peach Slices</p> <p>19</p>	<p>Stromboli w/ Marinara Sauce Roasted Butternut Squash</p> <p>Lemon Garbanzo Salad Cherry Tomatoes Romaine Salad w/ FF Dressing Fresh Pineapple~Diced Pears</p> <p>20</p>	<p>No School</p>	<p> Happy Thanksgiving</p> <p>Domino's SmartSlice Cheese Pizza</p> <p>22</p>	<p>No School</p>
<p>Toasted Cheese Sandwich w/ Tomato Soup</p> <p>Cherry Tomatoes Spinach Salad w/ FF Dressing Cucumbers Apples~Orange Juice</p> <p>26</p>	<p>Spaghetti w/ Meat Sauce WG Garlic Toast Green Peas</p> <p>Italian Herbed Bean Salad Baby Carrots Broccoli Florets Fresh Pears~Pineapple Tidbits</p> <p>27 </p>	<p>Homemade Italian Cheesebread w/ Marinara Sauce Garlic & Herb Broccoli</p> <p>Baby Carrots Broccoli Florets Celery Sticks Apples~Peach Slices</p> <p>28</p>	<p>Domino's SmartSlice Cheese Pizza</p> <p>Cherry Tomatoes Spinach Salad w/ FF Dressing Cucumbers Banana~Mandarin Oranges</p> <p>29</p>	<p>BOXED LUNCH Turkey and Cheese Sub Sandwich Lentil Salad Carrot Pack Orange Smiles</p>

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Lack of water is the #1 trigger of daytime fatigue.

Eyes are the same size from birth, but ears and noses never stop growing.

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Please encourage your child to add fresh vegetables and fruit to their lunch each day.

Each meal must have a combined **1/2 cup total of fruit and vegetable** on the tray in order to qualify for a reimbursable lunch.

K-8 students may take up to **3/4 cup vegetable and 1/2 cup fruit**.

When a full meal is not taken, A la carte prices will be charged.

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