






# Holmen School District–High School Lunch Menu November 2013

	 <p><b>Harvest of the Month</b> Locally grown <b>Leeks on our salad bars</b> and other special purchases as available during November. For more information go to our web site and click on Harvest of the Month!</p>	<p><b>IRON CHEF HOLMEN</b> The winning recipe from Emily Armstrong who won Iron Chef Holmen 2013, Cock-A-Leeky Soup, will be featured in our schools on Tuesday November 19<sup>th</sup>! Make sure to try some!</p>	 <p><b>Did You Know.....</b> That all of our Whole Wheat Sub Buns come from The Brick Oven Bakery in Onalaska Wisconsin! <b>BUY LOCAL!</b></p>	<p><b>Fri 1</b></p> <ol style="list-style-type: none"> <li>1) Cheese Enchiladas</li> <li>2) Hot &amp; Spicy Chicken Sand.</li> <li>3) Cobblestone Market Deli Peas &amp; Carrots</li> </ol> <p>Wedge Cut French Fries Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>
<p><b>Mon 4 No School</b></p>  <p><b>SLEEP IN!!!!</b></p>	<p><b>Tues 5 TACO/NACHO DAY</b></p> <ol style="list-style-type: none"> <li>1) Beef Taco/Nachos</li> <li>2) Chicken Fajita</li> <li>3) Cobblestone Market Deli Refried Beans</li> </ol> <p>Spanish Rice Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>	<p><b>Wed 6</b></p> <ol style="list-style-type: none"> <li>1) Lings Sweet &amp; Sour or Teriyaki Chicken/Rice</li> <li>2) Mr. Ribb Sandwich/bun</li> <li>3) Cobblestone Market Deli Oriental Blend Vegetable</li> </ol> <p>Brown Rice Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>	<p><b>Thurs 7</b></p> <ol style="list-style-type: none"> <li>1) Chicken Sandwich/Bun</li> <li>2) Cheese filled Bread Stick/Sauce</li> <li>3) Cobblestone Market Deli Broccoli</li> </ol> <p>Baked KK French Fries Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>	<p><b>Fri 8</b></p> <ol style="list-style-type: none"> <li>1) Fish Nuggets</li> <li>2) Mini Corn Dogs</li> <li>3) Cobblestone Market Deli Roasted Red Cabbage</li> </ol> <p>Dinner Roll Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>
<p><b>Mon 11</b></p> <ol style="list-style-type: none"> <li>1) Italian Chicken/Bun</li> <li>2) Mac &amp; Cheese w/dinner roll</li> <li>3) Cobblestone Market Deli 5-way Mixed Vegetable</li> </ol> <p>Wedge Cut Fries Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>	<p><b>Tues 12</b></p> <ol style="list-style-type: none"> <li>1) Orange Chicken/brown rice</li> <li>2) Popcorn chicken/brown rice</li> <li>3) Cobblestone Market Deli Stir Fry Vegetable</li> </ol> <p>Mini Egg Roll Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>	<p><b>Wed 13 Early Release</b></p> <ol style="list-style-type: none"> <li>1) Garlic Cheese Bread/Sauce</li> <li>2) Cheeseburger/ww bun</li> <li>3) Cobblestone Market Deli Sugar Snap Peas</li> </ol> <p>Baked KK French Fries Vegetable Based Salad Bar Fresh and Cupped Fruit Bar</p>	<p><b>Thurs 14</b></p> <ol style="list-style-type: none"> <li>1) PASTA BAR Whole Grain Pasta</li> <li>2) Cobblestone Market Deli Broccoli</li> <li>3) Garlic Bread</li> </ol> <p>Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>	<p><b>Fri 15</b></p> <ol style="list-style-type: none"> <li>1) Cheese Pizza</li> <li>2) Pepperoni Pizza</li> <li>3) Chef T's F2s Pizza w/ Leeks</li> <li>4) Cobblestone Market Deli Green Beans</li> </ol> <p>Roasted Vegetable Rice Pilaf Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>
<p><b>Mon 18 Holiday Meal</b></p> <ol style="list-style-type: none"> <li>1) Diced Turkey in Gravy/Roll</li> <li>2) Mini Corn Dogs</li> <li>3) Cobblestone Market Deli Roasted Asparagus</li> </ol> <p>Mashed potatoes Vegetable based Salad Bar Fresh and Cupped Fruit Bar Cranberries</p>	<p><b>Tues 19</b></p> <ol style="list-style-type: none"> <li>1) Taco Triangles (3)</li> <li>2) Hot Dog (2)</li> <li>3) Cobblestone Market Deli California Blend</li> </ol> <p>Baked Beans Vegetable based Salad Bar Fresh and Cupped Fruit Bar <b>Cock-A-Leeky Soup!</b></p>	<p><b>Wed 20 BURRITO DAY!</b></p> <ol style="list-style-type: none"> <li>1) Beef</li> <li>2) Chicken Fajita</li> <li>3) Pork Carnita</li> <li>4) Cobblestone Market Deli Refried Beans/Black Beans</li> </ol> <p>Spanish Rice Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>	<p><b>Thurs 21 PIZZERIA PIZZA DAY</b></p> <ol style="list-style-type: none"> <li>1) Cheese or Pepperoni</li> <li>2) Variety of Flavors</li> <li>3) Cobblestone Market Deli Corn</li> </ol> <p>Vegetable Rice Pilaf Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>	<p><b>Fri 22</b></p> <ol style="list-style-type: none"> <li>1) Fish Sandwich</li> <li>2) Meatball Sub</li> <li>3) Cobblestone Market Deli Roasted Cauliflower</li> </ol> <p>Waffle French Fries Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>
<p><b>Mon 25</b></p> <ol style="list-style-type: none"> <li>1) Mushroom Swiss Burger</li> <li>2) Chicken Quesadilla</li> <li>3) Cobblestone Market Deli Carrots</li> </ol> <p>Baked KK French Fries Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>	<p><b>Tues 26 TACO/NACHO DAY</b></p> <ol style="list-style-type: none"> <li>1) Beef Tacos/Beef Nachos</li> <li>2) Chicken Fajitas</li> <li>3) Cobblestone Market Deli Refried Beans</li> </ol> <p>Spanish rice Vegetable based Salad Bar Fresh and Cupped Fruit Bar</p>	<p><b>Wed 30 No School</b></p> 		

All Meals are served with Milk

This Institution is an equal opportunity provider

# October 2013—Farm to School Month—K-5



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG=Whole Grain <b>Bold</b> =Vegetarian <u>Underline</u> =Local or Farm Fresh *Salad bar is available in all schools daily *Local salad bar items are labeled	1 <b>Cheese Quesadilla</b> Baked Tortilla Chips w/Salsa Steamed Corn Mandarin Oranges	2 WG Chicken Nuggets <u>Steamed Local Carrots</u> Pineapple WG Dinner Roll	3 <b>French Toast Sticks &amp; Hard Boiled Egg</b> Hashbrown Sticks Strawberries Applesauce	4 Mini Corn Dogs Baked Beans <u>Gala Apple from Munchkey Apples</u>
7 <b>Early Release</b> Deli Turkey Roll-Up <u>Fresh Apple Slices</u> Baked Chips Pudding Cup	8 Chicken Breast Bites Brown Rice <u>Steamed Local Carrots</u> 100% Fruit Juice Slushy <b>Rainbow Bar (a variety of colorful produce)</b>	9 Beef Taco Steamed Corn Refried Beans Chilled Peaches Goldfish	10 Hot Dog on a WG Bun Baked Beans Chilled Pineapple Baked Chips	11 WG Chicken Strips Mashed Potatoes <u>Macintosh Apple from Appleberry Farm</u> 100% Fruit Juice Slushy
14 Hamburger/Cheeseburger on a WG Bun Steamed Peas Fresh Fruit Baked Chips	15 <b>Personal Cheese Pizza</b> Steamed Broccoli Applesauce Animal Crackers	16 WG Popcorn Chicken Sweet Potato Bites Chilled Pears 100% Fruit Juice Slushy	17 WG Pasta w/Meat Sauce Green Beans Peaches WG Cheesy Breadstick	18 WG Breaded Chicken on a WG Bun Baked Fries Baked Chips <u>Fresh Apple from Munchkey Apples</u>
21 WG Chicken Strips Deli Roaster Potato Bites Fresh Apple Slices 100% Fruit Juice Slushy	22 Soft Shell Beef Taco Steamed Corn Chilled Peaches	23 WG Popcorn Chicken WG Seasoned Rice Baked Beans Chilled Pears	24 <b>Cheese or Chicken Quesadilla</b> Baked Tortilla Chips w/Salsa Steamed Broccoli Mandarin Oranges	25 <b>Grilled Cheese</b> Sweet Potato Bites Pudding Cup <u>Fresh Apple from Munchkey Orchard</u>
28 <b>Cheese Pizza</b> Green Beans <u>Fresh Apple Slices</u>	29 Chicken Teriyaki Bites Brown Rice Stir Fry Veggies Chilled Applesauce	30 Hamburger/Cheeseburger on a WG Bun Baked Fries Fresh Fruit	<b>31 Halloween!</b> Mini Corn Dogs <u>Steamed, Local Carrots</u> Mandarin Oranges Scooby Snacks	October 14-18 is National School Lunch Week  <b>October 8 is Take Your Parents to Lunch Day!! All parents are invited to join us at lunch, but please call the school office to notify us prior. Thank you!</b>

## Fruit & Vegetable of the Month

Each month we will be featuring a different fruit and vegetable at lunch. Visit the produce department at Miller and Sons to purchase the featured items and pick up more information to share with your family. Our goal is to provide consistent health messages in school and in the community to increase fruit and vegetable consumption!!

### Apples

Apples are very good for us due to their high fiber content. The fiber and the nutrients within it help keep our circulatory and digestive systems healthy. Apples are a good source of Vitamin C, potassium, and antioxidants. The sugars in apples also help regulate our blood sugar.

Every Friday we will be featuring a different variety of apple from a local orchard. Please see them listed on the menu.

### Carrots

Carrots are loaded with vitamin A, beta carotene and other nutrients our bodies need. Vitamin A keeps our eyes and skin healthy and helps us avoid sickness. Just one medium carrot gives your body twice the Vitamin A it needs in a day!

Our local carrots will be purchased processed and frozen so that we can enjoy them all school year long!

For more information visit:

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**Remember to make half your plate fruits and vegetables in a variety of colors to reach your daily needs!!**

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights (Office of Adjudication), 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). TDD users can contact USDA through local relay or the Federal Relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer.

For more information, please contact Michelle Denk, Food Service Director 608-437-2400 ext 1222

For lunch account information, please contact Lori Martin 608-437-2400 ext 2119

# November 2013—ELC, PC, IC



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG=Whole Grain <b>Bold</b> =Vegetarian <u>Underline</u> =Local or Farm Fresh *Salad bar is available in all schools daily	Please send payments to: <b>Mt. Horeb Child Nutrition</b> <b>305 S Eighth Street</b> <b>Mt. Horeb, WI 53572</b> You can pay online at <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a>	<u>Harvest Medley Blend</u> Locally grown sweet potatoes, parsnips, and carrots seasoned and roasted.	<b>**Menu subject to change based on product availability</b>	1 WG Pasta w/Meatballs and Sauce Steamed Broccoli Cheesy Bread Stick <u>Pears from Tippy Top</u> <u>Organic Fruit, Dodgeville</u>
4 WG Chicken Strips Mashed Potatoes Fresh Fruit WG Goldfish Crackers	5 <b>Grilled Cheese</b> Tomato Soup w/Crackers Pudding Cup <u>Pears from Tippy Top</u> <u>Organic Fruit, Dodgeville</u>	6 Beef Nachos Steamed Corn Chilled Peaches 100% Fruit Bar	7 Hot Dog on a WG Bun Baked Beans Chilled Pineapple	8 <b>French Toast w/Syrup</b> Hashbrown Sticks Strawberries Applesauce
11 <b>Early Release</b> Deli Turkey Sub <u>Fresh Apple Slices</u> Baby Carrots Baked Chips Pudding Cup	12 Mini Corn Dogs Green Beans Fresh Fruit Dinner Roll	13 WG Popcorn Chicken <u>Harvest Medley Blend</u> Chilled Peaches 100% Fruit Juice Slushy	14 <b>Cheese Pizza</b> Steamed Corn Peaches Animal Crackers	15 Breaded Chicken Patty on a WG Bun Baked Fries Baked Chips Fresh Fruit
18 Hamburger/Cheeseburger on a WG Bun Baby Bakers Fresh Fruit	19 WG Chicken Strips Steamed Carrots Applesauce WG Goldfish Crackers	20 Beef Taco Steamed Corn Chilled Peaches WG Scooby Grahams	21 Turkey & Gravy Mashed Potatoes Fresh Fruit Dinner Roll Pumpkin Pudding	22 WG Chicken Nuggets Steamed Broccoli Chilled Peaches 100% Fruit Juice Slushy WG Bread
25 <b>Cheese Pizza</b> Green Beans <u>Fresh Apple Slices</u> WG Dinner Roll	26 WG Popcorn Chicken <u>Harvest Medley Blend</u> Baked Beans Mandarin Oranges	27 <p style="text-align: center;"><b>NO SCHOOL</b></p>	28 <p style="text-align: center;"><b>HAPPY</b></p>	29 <p style="text-align: center;"><b>THANKSGIVING!!</b></p>

## Fruit & Vegetable of the Month

Each month we will be featuring a different fruit and vegetable at lunch. Visit the produce department at Miller and Sons to purchase the featured items to eat with your family. Our goal is to increase fruit and vegetable consumption at home and at school!!

### Pears

-1/2 cup of sliced pears are an excellent source of fiber and a good source of vitamin C at only 100 calories/serving .  
 -Pears are one of the leading fruit sources of fiber at 6 gm/medium pear. Most of the fiber is found in the skin..  
 -There are more than 3,000 varieties of pears worldwide and it is a fruit tree that is very easy to grow in Wisconsin.

-The fresh pears on our menu come from Tippy Top Organic Fruit in Dodgeville, WI.

### Sweet Potatoes

-1/2 cup of sweet potatoes is an excellent source of vitamin A and a very good source of vitamin C and B6.

-Sweet potatoes are tropical vegetables, grown mostly in California and southern states. However, they can be grown wherever there are 150 frost free days to develop.

-The Center for Science in the Public Interest (CSPI) ranks the sweet potato as the #1 most nutritious vegetable.

-Yams differ from sweet potatoes in that their skin is scaly and rough, they are dry and starchy, and are very low in nutrients.

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