

# get Local @school



## ONIONS

### 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](http://www.farmtoschool.org).

**“This institution is an equal opportunity provider.”**

## Menu for November 2018 Grants Pass School District No. 7 Elementary

**Daily Specials**—**Mon.** Breakfast for Lunch or Deli Sub (Turkey/Bacon) **Tues.** Chicken Tenders or Meatball Sub **Wed.** Cheesy Breadstick or Hot Diggity Dog **\*\*Soup of the Day\*\*** **Thurs.** Nachos or Deli Sub (Ham) **Fri.** Chef’s Special or PBJ Sandwich  
(Vegetarian Option Offered Daily)



Monday, Nov. 5	Tuesday, Nov. 6	Wednesday, Nov. 7	Thursday, Nov. 8	Friday, Nov. 9
<b>Breakfast</b> Mini Pancakes or Cereal Variety <b>Lunch</b> Corn Dog, Marvelous Eggs/Bacon/w/Toast, or Deli Turkey/Bacon Sub <i>Tater Day!</i> Daily, Fruit, Vegetable, and Milk Variety	<b>Breakfast</b> Breakfast Bread or Yogurt w/Grahams <b>Lunch</b> Quesadilla, Chicken Tenders, or Meatball Sub Daily, Fruit, Vegetable, and Milk Variety	<b>Breakfast</b> Fruit Frudel or Cereal Variety <b>Lunch</b> Egg Roll, Cheesy Breadstick, or Hot Diggity Dog <i>Minestrone Soup</i> Daily, Fruit, Vegetable, and Milk Variety	<b>Breakfast</b> Flaky Biscuit and Gravy or Mini Bagels <b>Lunch</b> Yogurt Bowl, Nachos, or Deli Ham Sandwich Daily, Fruit, Vegetable, and Milk Variety	<b>Breakfast</b> Breakfast Bar or Cereal Variety <b>Lunch</b> Chicken and Noodles w/Roll, Chef’s Special, or PBJ Sandwich <i>Mini Crispy Treat</i> Daily, Fruit, Vegetable, and Milk Variety

Thursday, Nov. 1
<b>Breakfast</b> Sausage/Cheese BRK Sandwich or Peanut Butter Graham Wafer <b>Lunch</b> Pizza Variety, Nachos, or Deli Ham Sandwich <i>Refried Beans</i> Daily, Fruit, Vegetable, and Milk Variety

Friday, Nov. 2
<b>Breakfast</b> Cinnamon Roll or Cereal Variety <b>Lunch</b> Baked Chicken w/Roll, Chef’s Special, or PBJ Sandwich <i>Fresh Coleslaw</i> Daily, Fruit, Vegetable, and Milk Variety



## Turkey Pumpkin Chili


### Ingredients

1 teaspoon oil  
 1-pound lean **ground turkey** (15% fat)  
 2/3 cup chopped **onion** (2/3 medium onion)  
 1/2 cup **green pepper**, seeded and chopped (about 1 small pepper)  
 2 cloves **garlic**, minced or 1/2 teaspoon garlic powder  
 1 can **kidney beans**, drained and rinsed (15 ounce or 1 3/4 cups)  
 1 can **great northern beans**, drained and rinsed (15 ounce or 1 3/4 cups)  
 1 can solid-pack **pumpkin** (15 ounce or 1 3/4 cups)  
 1 can crushed **tomatoes** (15 ounce or 1 3/4 cups)  
 1 can **chicken broth**, low sodium (15 ounce or 1 3/4 cups)  
 1/2 cup **water**  
 2 Tablespoons **brown sugar**  
 1 package **taco seasoning mix** (1.25 ounces)

### Directions

Pour oil into a 4 quart (or larger) saucepan. Add ground turkey, onion, green pepper and garlic. Cook and stir, breaking meat apart until meat is brown and vegetables are tender. Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar and taco seasoning. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Refrigerate leftovers within 2 hours.

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<p><b>Monday, Nov. 12</b></p> <p><b>NO CLASSES</b></p>	<p><b>Tuesday, Nov. 13</b></p> <p><b>Breakfast</b> Oatmeal Breakfast Round or Nutrition Bar</p> <p><b>Lunch</b> Pizza Variety, Chicken Tenders, or Meatball Sub</p> <p><b>Daily, Fruit, Vegetable, and Milk Variety</b></p>	<p><b>Wednesday, Nov. 14</b></p> <p><b>Breakfast</b> French Toast or Cereal Variety</p> <p><b>Lunch</b> Chicken Sandwich, Cheesy Breadstick, or Hot Diggity Dog <i>Tomato Soup</i></p> <p><b>Daily, Fruit, Vegetable, and Milk Variety</b></p>	<p><b>Thursday, Nov. 15</b></p> <p><b>Breakfast</b> Sausage/Cheese BRK Sandwich or Peanut Butter Graham Wafer</p> <p><b>Lunch</b> Hamburger, Cheese Burger, Nachos, or Deli Ham Sandwich <i>Refried Beans</i></p> <p><b>Daily, Fruit, Vegetable, and Milk Variety</b></p>	<p><b>Friday, Nov. 16</b></p> <p><b>Breakfast</b> Cinnamon Roll or Cereal Variety</p> <p><b>Lunch</b> Yummy Meatloaf w/ Roll Chef's Special or PBJ Sandwich <i>Au Gratin Potatoes Cookie!</i></p> <p><b>Daily, Fruit, Vegetable, and Milk Variety</b></p>
<p><b>Monday, Nov. 19</b></p> <p><b>NO CLASSES</b></p>	<p><b>Tuesday, Nov. 20</b></p> <p><b>NO CLASSES</b></p>	<p><b>Wednesday, Nov. 21</b></p> <p><b>NO CLASSES</b></p>	<p><b>Thursday, Nov. 22</b></p> <p><b>NO CLASSES</b></p> 	<p><b>Friday, Nov. 23</b></p> <p><b>NO CLASSES</b></p>
<p><b>Monday, Nov. 26</b></p> <p><b>Breakfast</b> Fruit Muffin or Cereal Variety</p> <p><b>Lunch</b> Orange Chicken w/Steamed Rice or Corn Dog <b>REVISED!</b></p> <p><b>Daily, Fruit, Vegetable, and Milk Variety</b></p>	<p><b>Tuesday, Nov. 27</b></p> <p><b>Breakfast</b> Snack'n Waffles or Nutrition Bar</p> <p><b>Lunch</b> Homemade Grilled Cheese, Chicken Tenders, or Meatball Sub</p> <p><b>Daily, Fruit, Vegetable, and Milk Variety</b></p>	<p><b>Wednesday, Nov. 28</b></p> <p><b>Breakfast</b> Breakfast on a Stick or Cereal Variety</p> <p><b>Lunch</b> Baked Potato w/Fixings, Cheesy Breadstick, or Deli Ham Sandwich <i>Warm Chili!</i></p> <p><b>Daily, Fruit, Vegetable, and Milk Variety</b></p>	<p><b>Thursday, Nov. 29</b></p> <p><b>Breakfast</b> Flaky Biscuit and Gravy or Mini Bagels</p> <p><b>Lunch</b> Chicken Sandwich, Nachos, or Deli Ham Sandwich</p> <p><b>Daily, Fruit, Vegetable, and Milk Variety</b></p>	<p><b>Friday, Nov. 30</b></p> <p><b>Breakfast</b> Breakfast Bar or Cereal Variety</p> <p><b>Lunch</b> Roast Beef w/Roll, Chef's Special or PBJ Sandwich Mashed Potatoes w/Gravy <i>Teddy Grahams!</i></p> <p><b>Daily, Fruit, Vegetable, and Milk Variety</b></p>