

# Blessed Trinity School, Jacksonville

BE A WOOD WISE

## CONSUMER

**Buy recycled paper.** When you shop for paper products such as greeting cards, computer paper, or sticky notes, make sure you buy tree-free or 100 percent post-consumer recycled paper.

**Check whether the magazines you like are printed on recycled paper.** If not, contact the publisher and tell them you'd like them to switch to post-consumer recycled paper.

**Read magazines online, or share a subscription with a friend.** You'll save money as well as paper.

**Carry cloth bags with you to the store to avoid wasting paper (or plastic).**

### Monday, November 2

No School  
No Lunch Service

### Tuesday, November 3

Golden Baked Chicken Nuggets  
Creamy Mac and Cheese  
Seasoned Green Beans  
Fruit Selection

### Wednesday, November 4

French Toast Sticks  
Lean Sausage Links  
Potato Gems  
Warm Cinnamon Apples

### Thursday, November 5

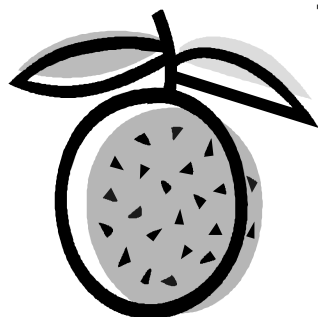
Spaghetti with Meatballs  
*Or* Monster Mac and Cheese  
Warm Garlic Breadstick  
Garden Salad  
Dessert Treat

### Friday, November 6

Pizza Day  
Fruit Selection  
Dessert Treat

## FUN FRUIT FACT:

Navel oranges are the most popular "eating" oranges in the world.



They are called Navel Oranges because on the bottom they look like they have a bellybutton or navel. The bigger the "navel" in an orange, the sweeter it will be.

### Monday, November 9

Golden Baked Chicken Tenders  
Whipped Mashed Potatoes  
Seasoned Vegetables  
Fruit Selection

### Tuesday, November 10

Chicken and Cheese Quesadilla  
*Or* Fiestada Personal Pan Pizza  
Nacho Chips and Cheese  
Seasoned Vegetables  
Dessert Treat

### Wednesday, November 11

Big Beefy Burger  
*Or* All Beef Hot Dog  
Baked Crinkle Cut Fires  
Seasoned Vegetables  
Ice Cream Sundae

### Thursday, November 12

Monster Mac and Cheese  
*Or* Garlic Buttered Noodles  
Warm Garlic Breadstick  
Side Salad  
Dessert Treat

### Friday, November 13

Pizza Day  
Fresh Veggies & Dip  
Dessert Treat

### Monday, November 16

Chicken Nuggets  
Baked Crinkle Cut Fries  
Seasoned Vegetables  
Dessert Treat

### Tuesday, November 17

Tacos with Cheese, Lettuce & Tomatoes  
*Or* Chef Salad  
Mexican Rice  
Fruit Selection  
Dessert Treat

### Wednesday, November 18

Chef Salad  
*Or* Chicken Sandwich  
Baked Colossal Fries  
Seasoned Vegetables  
Ice Cream Sundae

### Thursday, November 19

Baked Ziti  
*Or* Buttered Noodles  
Warm Garlic Breadstick  
Side Salad  
Dessert Treat

### Friday, November 20

Pizza Day  
Fruit Selection  
Dessert Treat

## Chocolate Milk...

could be considered a dental health hero when compared to other sweet foods.

Chocolate milk is better for your teeth than other sweet foods and can actually help to protect teeth against cavities. ...

Because it is liquid, chocolate milk clears from the mouth faster than other sweet foods

...and... the calcium, phosphorous and cocoa in chocolate milk may actually protect teeth against cavities.

# November 2009

### Monday, November 23

Golden Baked Chicken Tenders  
Whipped Mashed Potatoes  
Seasoned Vegetables  
Fruit Cup

### Tuesday, November 24

Thanksgiving Day Feast

### Wednesday, November 25

No School  
No Lunch Service

### Thursday, November 26

Happy Thanksgiving

### Friday, November 27

No School  
No Lunch Service

### Monday, November 30

Golden Baked Chicken Nuggets  
Baked Crinkle Cut Fries  
Seasoned Vegetables  
Fruit Selection

## HAVE A VERY HAPPY THANKSGIVING!

SLA Management is sensitive to the needs of all students with allergies; however we cannot be absolutely certain that all food products are free from potential allergens, notably peanut or peanut related products. If a student has a severe allergy we strongly advise you consider other lunch options.

Beverage included with all entrees

Questions or Comments: email  
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