

# Menus for November 2022



## Mt Nittany and Park Forest Middle Schools

**Lunch - \$2.95    Breakfast - FREE!    Milk - \$.70**

**Don't Forget!**  
Turn your clock back one hour on November 6.

**AVAILABLE EVERY DAY!**

**ON ALL LINES**

ENTREES  
Yogurt Parfait  
Smuckers PB&J Uncrustable

VEGETABLES  
Crisp Baby Carrots  
Assorted Fresh Vegetables  
Hummus (M)  
Tossed Green Salad (T-F)

## Prices

Full Lunch - \$2.95    Full Breakfast - FREE!  
Lunch Entrees - \$2.25    Breakfast Entrees - \$1.65-2.25  
 Fruit - \$.85    Bread Items - \$.85  
 Vegetables - \$.85 - \$1.25  
Snack/Desserts - \$.85-\$2.00  
 Water/Juice - \$1.00-\$1.50    Milk - \$.70

*Snack and extra food purchases will not be allowed without sufficient funds to pay for them.*

**Monday, October 31**

Main Line Choices

Popcorn Chicken & Biscuit  
Grilled Cheese Sandwich

Hot Sandwich Choices

Chicken Sandwich    Veggie Burger  
Hamburger    Cheeseburger

Featured Veggie & Fruit Sides

Tomato Soup  
Crisp Celery  
Applesauce

Dessert: Goldfish Crackers

**Tuesday, November 1**

Main Line Choices

BBQ Chicken & Corn Bread  
Deli Turkey Sub

Hot Sandwich Choices

Chicken Sandwich    Cheese Pretzel  
Hamburger    Cheeseburger

Featured Veggie & Fruit Sides

Sweet Potato Fries  
Sweet Pepper Strips  
Craisins

**Wed., November 2**

Main Line Choices

Italian Dunkers  
Spicy Pepperjack Ciabatta

Hot Sandwich Choices

Chicken Sandwich    Veggie Burger  
Hamburger    Cheeseburger

Featured Veggie & Fruit Sides

Baked Potatoes  
Crisp Cucumbers  
Peach Cup

**Thursday, November 3**

Main Line Choices

Broccoli Cheddar Soup & Baguette  
White Chicken Chili & Baguette

Hot Sandwich Choices

Chicken Sandwich    Cheese Pretzel  
Hamburger    Cheeseburger

Featured Veggie & Fruit Sides

Cherry Tomatoes  
Broccoli  
Bananas

**Friday, November 4**

Main Line Choices

Big Daddy's Pizza  
Chicken Alfredo & Breadstick

Hot Sandwich Choices

Chicken Sandwich    Hot Dog  
Hamburger    Cheeseburger

Featured Veggie & Fruit Sides

Assorted Fresh Vegetables  
Sweet Melon

For lunch, choose an entree and complete your meal with 2 vegetable sides, a serving of fruit, and milk.

Fruit & Veggie Side Dishes Available Daily  
Crunchy Carrots    Fresh Assorted Veggies  
Fresh Fruit    Canned & Frozen Fruit    100% Juice

Milk Choices  
Lowfat White and Fat Free Chocolate

Students will be asked to select additional food if they did not choose at least three items in total or if they have not chosen at least one-half cup of fruit or vegetable.

**Menus Are Subject To Change**

**Monday, November 7**

Main Line Choices

General Tso's Chicken & Rice  
Pepperoni French Bread Pizza

Hot Sandwich Choices

Chicken Sandwich    Veggie Burger  
Hamburger    Cheeseburger

Featured Veggie & Fruit Sides

Roasted Broccoli  
Crisp Celery  
Chilled Pears

**Election Day, Nov. 8**

Main Line Choices

Sriracha Chicken Sandwich  
Toasted Turkey Sub

Hot Sandwich Choices

Chicken Sandwich    Cheese Pretzel  
Hamburger    Cheeseburger

Featured Veggie & Fruit Sides

French Fries  
Sweet Pepper Strips  
Juicy Melon



**Wed., November 9**

Main Line Choices

Buffalo Dip & Chips  
Ham & Cheese Croissant

Hot Sandwich Choices

Chicken Sandwich    Veggie Burger  
Hamburger    Cheeseburger

Featured Veggie & Fruit Sides

Baked Potatoes  
Crisp Cucumbers  
Mandarin Oranges  
Dessert: Cookie

**Thursday, November 10**

Main Line Choices

2 Soft Tacos  
Cheese Quesadilla

Hot Sandwich Choices

Chicken Sandwich    Cheese Pretzel  
Hamburger    Cheeseburger

Featured Veggie & Fruit Sides

Steamed Corn  
Cherry Tomatoes  
Fresh Pineapple

**Friday, November 11**

Main Line Choices

Big Daddy's Pizza  
Chicken Parmesan w/ Penne & Brdstk

Hot Sandwich Choices

Chicken Sandwich    Hot Dog  
Hamburger    Cheeseburger

Featured Veggie & Fruit Sides

Assorted Fresh Vegetables  
Apple Slices

## BREAKFAST

Available in the school lobby/commons each morning... featuring fresh baked goods from our school bakery.

Choose 1 Entree (Counts as 2 items)

Muffins(MF)    Cinnamon Rolls (W)    Bagels (T/Th)

Mini Cinnis (M/W/F)    Pumpkin & Banana Bread (T/Th)

Whole Grain Poptarts    Assorted Cereal

Choose 1 Fruit & 1 Juice

Choose 1 Low Fat White or Fat Free Chocolate Milk

*You may decline items that you do not want but must take 3 items total, one of which must be fruit or juice.*

**Don't miss BREAKFAST! Free of charge for all students, every day.**

## ★ OUR NATION'S HISTORY ★

In 1827, the editor of Boston's Ladies' Magazine, Sarah Josepha Hales, began to write essays calling for a national day of thanksgiving. In 1844, she launched a letter-writing campaign to Congress. Finally on September 28, 1863, she wrote directly to President Lincoln, asking him to use his powers to create the holiday. On October 3, 1863, with the battle of Gettysburg in mind, the victory as well as its cost, President Lincoln issued a proclamation: I do therefore invite my fellow citizens in every part of the United States, ... to set apart and observe the last Thursday of November next, as a day of Thanksgiving.



★ WITH LIBERTY & JUSTICE FOR ALL ★

### Monday, November 14

#### Main Line Choices

Popcorn Chicken & Roll  
Grilled Cheese Sandwich

#### Hot Sandwich Choices

Chicken Sandwich Veggie Burger  
Hamburger Cheeseburger

#### Featured Veggie & Fruit Sides

Tomato Soup  
Crisp Celery  
Juicy Oranges

Dessert: Goldfish Crackers

### Tuesday, November 15

#### Main Line Choices

French Toast & Sausage  
Breakfast Croissant Sandwich

#### Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel  
Hamburger Cheeseburger

#### Featured Veggie & Fruit Sides

Hashbrowns  
Sweet Pepper Strips  
Cantaloupe

### Wed., November 16

#### Main Line Choices

Italian Dunkers  
Toasted Turkey Sub

#### Hot Sandwich Choices

Chicken Sandwich Veggie Burger  
Hamburger Cheeseburger

#### Featured Veggie & Fruit Sides

Crisp Cucumbers  
Tossed Salad  
Peach Cup

### Thursday, November 17

#### Main Line Choices

Turkey Bowl & Dinner Roll  
(mashed potatoes, corn, stuffing,  
turkey & gravy)

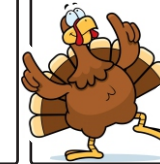
#### Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel  
Hamburger Cheeseburger

#### Featured Veggie & Fruit Sides

Assorted Fresh Vegetables  
Apple Crisp

Dessert:  
Ice Cream Cup



### Friday, November 18

#### Main Line Choices

Big Daddy's Pizza  
Pasta, Meatballs & Breadstick

#### Hot Sandwich Choices

Chicken Sandwich Hot Dog  
Hamburger Cheeseburger

#### Featured Veggie & Fruit Sides

Assorted Fresh Vegetables  
Fresh Pineapple

## Payments to Student Accounts

Middle School students can present cash or checks to a cafeteria cashier for the purpose of depositing the full amount into their cafeteria account. -Change will not be given. Payments can also be made on-line at MySchoolBucks.com or mailed to: SCASD FSD, 653 Westerly Parkway, State College, PA 16801. When mailing a payment, please include the name of the student(s) for whom the check is intended, the school(s) they attend, and a phone number in case of questions. Make checks payable to SCASD FSD.

Students are expected to have an account balance available for purchases but will never be denied a meal for lack of funds. Student will not be allowed to purchase extra items on credit.

If your family could use help paying for school meals, visit [www.scasd.org/schoolmeals](http://www.scasd.org/schoolmeals) to find the application for free and reduced price school meals. You are also encouraged to call 814-231-5095 if you have questions or need help to apply.

### Monday, November 21

#### Main Line Choices

Popcorn Chicken & Biscuit  
Sloppy Joe & Corn Chips

#### Hot Sandwich Choices

Chicken Sandwich Veggie Burger  
Hamburger Cheeseburger

#### Featured Veggie & Fruit Sides

Baked Potato  
Crisp Celery  
Applesauce

### Tuesday, November 22

#### Main Line Choices

Chicken Cheese Steak  
Deli Turkey Sub

#### Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel  
Hamburger Cheeseburger

#### Featured Veggie & Fruit Sides

French Fries  
Assorted Fresh Vegetables  
Mandarin Oranges



**THANKSGIVING  
HOLIDAY  
BREAK!**

**No School  
November 23-25**

**Enjoy the time off!**

### Monday, November 28

#### Main Line Choices

General Tso's Chicken & Rice  
Pepperoni French Bread Pizza

#### Hot Sandwich Choices

Chicken Sandwich Veggie Burger  
Hamburger Cheeseburger

#### Featured Veggie & Fruit Sides

Roasted Broccoli  
Crisp Celery  
Fresh Apples

### Tuesday, November 29

#### Main Line Choices

Meatball Sub  
Lasagna & Breadstick

#### Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel  
Hamburger Cheeseburger

#### Featured Veggie & Fruit Sides

French Fries  
Sweet Pepper Strips  
Grapes

### Wed., November 30

#### Main Line Choices

Macaroni & Cheese w/ Roll  
Toasted Turkey Sub

#### Hot Sandwich Choices

Chicken Sandwich Veggie Burger  
Hamburger Cheeseburger

#### Featured Veggie & Fruit Sides

Baked Potatoes  
Crisp Cucumber Slices  
Peach Cup

Dessert: Cook's Choice

### Thursday, December 1

#### Main Line Choices

2 Soft Tacos  
Cheese Quesadilla

#### Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel  
Hamburger Cheeseburger

#### Featured Veggie & Fruit Sides

Steamed Corn  
Cherry Tomatoes  
Fresh Pineapple

### Friday, December 2

#### Main Line Choices

Big Daddy's Pizza  
Chicken Parmesan w/ Penne & Brdstk

#### Hot Sandwich Choices

Chicken Sandwich Hot Dog  
Hamburger Cheeseburger

#### Featured Veggie & Fruit Sides

Assorted Fresh Vegetables  
Sweet Melon

## Why We're Thankful

It's the time of year for giving thanks. And what makes us most grateful is the chance we have to serve kids each school day.

And we're not just talking about serving food. We're really here to *serve education*. Because when kids eat well, they learn better. They pay closer attention in class, participate more, and perform better in the classroom. They even do better on standardized tests.

We prepare nutritious and affordable meals so that every student is ready to learn, and we thank you for giving us that opportunity.