














QUITMAN SCHOOL DISTRICT NOVEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<p>All QSD students eat Free Breakfast & Lunch</p>  <p>Adult prices: Breakfast \$2.40 Lunch \$4.25</p>	<p>1 Sausage/Biscuit</p> <p>John Wayne Casserole Ham & Cheese on Hoagie Buns Whole Kernel Corn Baked Sweet Potato Assorted Juice Strawberry Cup Yeast Roll</p> 	<p>2 Cinnamon Toast Crunch Pastry</p> <p>BBQ on Bun Fish Nuggets w/Hushpuppies Baked Beans Potato Salad Assorted Juice Chilled fruit cups</p>	<p>3 Egg n Cheese Biscuit</p> <p>Chili/Grilled Cheese Corn Dog Nuggets Coleslaw Quick Baked Potato Assorted Juice Chilled fruit cups</p>	<p>4 Breakfast Breads</p> <p>Hamburger Chicken Fajitas French Fries Stir Fry Vegetables Chilled fruit cups</p> 		
<p>7 Yogurt & Muffin</p> <p>Red Beans w/Sausage/Rice Steak Nuggets Chef Salad Glazed Carrots Seasoned Green Beans Assorted Juice Chilled fruit cups Crackers/Cornbread</p>	<p>8 Chicken Biscuit</p> <p>Tacos Turkey & Cheese Wrap Mexican Beans Sweet potato fries Cucumbers w/dip Chilled fruit cups Jell-O</p> 	<p>9 Mini Cinnis</p> <p>Chicken Burger Tuna Salad Plate Chef Salad Broccoli w/ cheese Tomatoes w/ dip Assorted Juice Chilled fruit cups</p>	<p>10 Breakfast Bagel</p> <p>Hot Dog Chicken Spaghetti Seasoned Green Peas Tasty Tatar Tots Chilled fruit cups Garlic Bread</p>	<p>11 Pancake Sausage on Stick</p> <p>Pizza Yogurt Plate Chef Salad Garden Salad w/dressing Whole Kernel Corn Chilled fruit cups</p> 		
<p>14 Donuts</p> <p>Beef Tips over Rice Chicken Salad/Croissant Chef Salad Black Eyed Peas Cabbage Saute Assorted Juice Chilled fruit cups Cornbread</p>	<p>15 Sausage/Biscuit</p> <p>BBQ Pulled Pork Nachos Steak Nuggets Baked Beans Coleslaw Tomatoes w/ dip Assorted Juice Chilled Fruit cups Garlic Bread</p>	<p>16 Poptarts</p> <p>Turkey & Dressing Chicken Sandwich English Peas Sweet Potato Casserole Pear Salad Assorted Juice Hot Yeast Roll</p>	<p>17 Breakfast Pizza</p> <p>Ham & Cheese on Hoagie Buns Burrito w/Cheese n salsa Manager's Choice Whole Kernel Corn Broccoli Ranch Salad Chilled Fruit cups Baked chips</p>	<p>18 Mini waffles</p> <p>Hamburger Chicken Fajita Sub Chef Salad Carrot sticks w/dip French Fries Chilled Fruit cups</p> 		
<p>21</p> 	<p>22 THANKSGIVING BREAK WEEK</p> 			<p>23</p> 	<p>24</p> 	<p>25 Students may choose 1 entree, 1-2 vegetables/1-2 fruit servings (but not more than 3 total from Fruit/vegetables), 1-2 breads (buns/sandwiches count as 2), 1 milk, and 1 dessert when offered.</p>
<p>28 Breakfast Breads</p> <p>Chicken Tenders Tuna Salad Plate Creamed Potatoes w/gravy English Peas Chilled fruit cups Rolls</p>	<p>29 Chicken Biscuit</p> <p>Beef-a-roni Chicken Fajita Sub Broccoli w/ cheese Sweet potato fries Chilled fruit cups Assorted Juice Garlic Bread</p>	<p>30 Assorted Muffins</p> <p>BBQ on Bun Chicken Gumbo Baked Beans Potato Salad Assorted Juice Chilled fruit cups Crackers/Cornbread</p>		<p>Choice of milks for breakfast and lunch.</p>		

This institution is an equal opportunity provider.

RED & ORANGE



Everything you need to know about MyPlate's veggie subgroup

What's in the Red and Orange Veggie Subgroup?

According to MyPlate, the red and orange vegetable group is made up of...

- Acorn Squash
- Butternut Squash
- Carrots
- Hubbard Squash
- Pumpkin
- Red Peppers
- Sweet Potatoes
- Tomatoes

Carrots, tomatoes, and red peppers are all quite delicious when raw. Throw a few handfuls into your next salad for a serious nutrient boost!

Acorn, butternut, and hubbard squash, along with pumpkin and sweet potatoes, all benefit from a little cooking. So cube up a bunch of these veggies and roast them with some oil and spices for a simple and delicious way to round out any meal.

Chock-Full of Nutrients:

Red and orange vegetables are loaded with nutrients to help you prevent chronic disease and maintain good health.

Every single red and orange vegetable featured by MyPlate contains potassium. Why is potassium important? Well, according to the Dietary Guidelines for Americans, "Dietary potassium can lower blood pressure by blunting the adverse effects of sodium on blood pressure. Other possible benefits of an eating pattern rich in potassium include a reduced risk of developing kidney stones and decreased bone loss."

These veggies are also good sources of vitamin A, which strengthens vision, and vitamin C, which promotes healing.

