

Meal Prices

Student Lunch.....\$2.25
 Milk only.....50¢
 Student Breakfast....\$1.25
 Adult Lunch.....\$3.50
 Adult Breakfast.....\$1.50



All Meals include a choice of Skim or 1% White Milk or 1/2 % Chocolate Milk



Capt. Nathan Hale School November 2009





Also available daily for 85¢ are snacks which meet the CT Healthy Food Guidelines

Bottled water is available for 85¢
 Fresh Fruit is 50¢



Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
<p>New! <u>Choose one</u></p> <ol style="list-style-type: none"> Asian Orange Chicken in a Rice Bowl Hot Dog on a Roll <p><u>Choose up to Three</u> Oriental Vegetables Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>No School</u></p>  <p>Election Day</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> French Toast Sticks Sausage Links Hot Dog on a Roll <p><u>Choose up to Three</u> Hash Brown Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Italian Hot Pocket Cheeseburger <p><u>Choose up to Three</u> Mixed Vegetables Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Pizza Hot Dog on a Roll <p><u>Choose up to Three</u> Fresh Tossed Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Pattie in a Bun Hot Dog on a Roll <p><u>Choose up to Three</u> Baked Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Italian Dunkers Cheeseburger <p><u>Choose up to Three</u> Green Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>No School</u></p>  <p>Veteran's Day</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Roast Turkey Mashed Potatoes & Gravy Cheeseburger <p><u>Choose up to Three</u> Mixed Vegetables Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Pizza Hot Dog on a Roll <p><u>Choose up to Three</u> Fresh Tossed Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>
<p><u>Choose one</u></p> <ol style="list-style-type: none"> Personal Pan Pizza Hot Dog on a Roll <p><u>Choose up to Three</u> Green Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>New! <u>Early Release</u> <u>Choose one</u></p> <ol style="list-style-type: none"> Philly Steak Grinder Onions & Peppers Cheeseburger <p><u>Choose up to Three</u> Tomato Soup Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Early Release</u> <u>Choose one</u></p> <ol style="list-style-type: none"> Chicken Rings Potato Puffs Hot Dog on a Roll <p><u>Choose up to Three</u> Mixed Vegetables Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Early Release</u> <u>Choose one</u></p> <ol style="list-style-type: none"> Nacho Grande Cheeseburger <p><u>Choose up to Three</u> Corn Niblets Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Pizza Hot Dog on a Roll <p><u>Choose up to Three</u> Fresh Tossed Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>



<p>Monday, November 23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Crispy Baked Chicken Mashed Potato & Gravy Hot Dog on a Roll <p><u>Choose up to Three</u></p> <p>Mixed Vegetables Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Tuesday, November 24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Grilled Cheese Sandwich Hot Pretzel Cheeseburger <p><u>Choose up to Three</u></p> <p>Tomato Soup Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Wednesday, November 25</p> <p>Early Release</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Pizza Hot Dog on a Roll <p><u>Choose up to Three</u></p> <p>Choice of Vegetable Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Thursday, November 26</p> <p><u>No School</u></p>  <p>Happy Thanksgiving</p>	<p>Friday, November 27</p> <p><u>No School</u></p> 
<p>Monday, November 30</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Macaroni & Cheese Dinner Hot Dog on a Roll <p><u>Choose up to Three</u></p> <p>Tomato Soup Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Tuesday, December 1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Bacon Cheeseburger Chicken Tender Wrap <p><u>Choose up to Three</u></p> <p>Confetti Fries Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Wednesday, December 2</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Pancakes & Sausage Hot Dog on a Roll <p><u>Choose up to Three</u></p> <p>Hash Brown Potato Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Thursday, December 3</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Mexican Taco with Fluffy Rice Cheeseburger <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p>Friday, December 4</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> Stuffed Crust Pizza Hot Dog on a Roll <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>

HOLIDAY DESSERT RECIPES (ask a grown-up to bake with you!)

Traditional Pumpkin Pie

Ingredients:

¾ Cup sugar

½ teaspoon salt

1 teaspoon cinnamon

½ teaspoon ginger

¼ teaspoon cloves

2 large eggs

1 -15 oz can pumpkin

12 oz. evaporated milk

unbaked 9 inch deep dish pie shell

Mix dry ingredients (first 5) in small bowl and set aside. Beat eggs in large bowl and stir in pumpkin. Then add dry ingredients. Gradually stir in evaporated milk and pour into pie shell. Bake in a 425 degree oven for 15 minutes then reduce temperature to 350 degrees and bake 30-40 minutes, until knife inserted near center comes out clean.

Apple Turnovers

This recipe has many steps! Make sure you get a grown-up to help!

Ingredients:

1 8oz pkg. cream cheese, softened

¾ Cup butter or margarine, softened

1 egg, separated

3 Tablespoons cold water, divided

2 Cups flour

7 Cups thinly sliced peeled apples (about 6)

¾ Cup sugar

1 ½ teaspoons ground cinnamon

In a mixing bowl, mix cream cheese and butter together until smooth. Then separate egg yolk from egg white. Chill the egg white to use later. Beat egg yolk and 2 Tablespoons cold water into cream cheese mixture. Gradually beat in flour until well blended. Shape mixture into a ball and chill 1 hour. This will be the turnover dough.

In saucepan, toss apples with sugar and cinnamon. Bring to a boil. Reduce heat. Cover and simmer for 8-10 minutes until apples are tender. Roll pastry dough to 1/8 in. thickness; cut circles with a biscuit cutter. If you'd like bigger turnovers use a small bowl and cut out around the bowl. Top each circle with a tablespoon or more of apple mixture. Fold pastry over filling and press together with a fork.

In small bowl, whisk egg white and 1 tablespoon water. Brush over pastry and sprinkle with sugar. Place on greased cookie sheets and bake at 375 degrees for 18-20 minutes. Serve with ice cream, if desired.