

# Harvest of the Month

Network for a Healthy California



## TOMATOES

The Food Services Department is happy to offer several non-meat entrees, such as cheese pizza PB&J pillows, yogurt and more.

In addition to the entrées, our Salad Bar is stocked full of salads and an assortment of fine, fresh fruits and vegetables.

Through out the month of November your student will have the opportunity to try tomatoes as our harvest of the month



**Beverly Hills Unified School District**  
CREATING A WORLD CLASS EDUCATION

BEVERLY HILLS HIGH SCHOOL • HORACE MANN • BEVERLY VISTA • HAWTHORNE • EL RODEO

On the Food Service Department's website listed on the top of this page.

You can access our District's menu, nutritional information, wellness policy and nutrition activity lessons that can be view by clicking the appropriate buttons. Parents and Students can depend on the Food Services Department to be their nutrition resource.

Check out our web page for nutritional information at [www.bhusd.org](http://www.bhusd.org) under parents/students School Lunch menus

# November 2009










Beverly Hills Unified School District  
K-5 \$3.75 6-8 \$4.50

## Prepay for School Lunches online!

My Online LunchBox  
Internet Prepayments

The USDA and the CDE are equal opportunity providers and employers

Daily Milk & Juices Choices

Monday	Tuesday	Wednesday	Thursday	Friday
2-Nov Cheese Pizza Pocket served with Marinara Sauce Fruits and Vegetables Bar	3-Nov Fish Fillet Sandwich served on a w/w bun and potato smiles Fruit and Vegetables Bar	<b>NEW!</b> 4-Nov Kosher Cheese Pizza  Fruits and Vegetables Bar	5-Nov Three Cheese Baked Penne Pasta served with Veggies - Bread Stick Fruits and Vegetables Bar	6-Nov Hard Shell Tacos served with Refried Beans and all the goodies Fruits and Vegetables Bar
9-Nov Turkey Hot Dog served on a w/w bun and Potato Smiles Fruits and Vegetables Bar	10-Nov Turkey Sub Sandwich sandwich served with Baked Chips Fruits and Vegetables Bar	11-Nov <b>NO SCHOOL</b>	<b>NEW!</b> 12-Nov Kosher Cheese Pizza  Fruits and Vegetables Bar	13-Nov Bean Cheese Burrito served with Mexicali corn and all the goodies Fruits and Vegetables Bar
16-Nov Homemade Mac & Cheese served with Veggies & w/w dinner roll Fruits and Vegetables Bar	17-Nov Chicken Patty Sandwich served with Oven Baked Fries Fruits and Vegetables Bar	<b>NEW!</b> 18-Nov Kosher Cheese Pizza  Fruits and Vegetables Bar	19-Nov Spaghetti with Meat or Marinara sauce served with veggies and bread stick Fruits and Vegetables Bar	20-Nov Nacho Bar served with all the goodies Fruits and Vegetables Bar
23-Nov Chicken Nuggets served with Baked tator tots Fruits and Vegetables Bar	24-Nov Turkey Wrap Sandwich sandwich served with Baked Chips Fruits and Vegetables Bar	<b>NEW!</b> 25-Nov Kosher Cheese Pizza  Fruits and Vegetables Bar	26-Nov  <b>Happy Thanksgiving</b> 	27-Nov
30-Nov Cheese Ravioli served with veggies and a ww dinner roll Fruits and Vegetables Bar	<b>SPECIAL ENTRÉE FOR 6TH-7TH 8TH MON TUE THURS FRI</b> <b>INDIVIDUAL PIZZA YOUR CHOICE OF CHEESE-VEGGIE &amp; PEPPERONI</b>	<b>NEW!!! SERVED DAILY 100% FRUIT JUICE FROZEN TREAT WTH MEAL</b>		<b>We offer Daily Four Alternative Meal Choices</b> <b>Kosher Sandwich</b> <b>Full service Salad Bar</b> <b>Smuckers PB&amp;J Pillow</b> <b>Cup Yogurt &amp; Fruit</b>