

November



HAVE FUN COLOR ME! AND EAT SCHOOL MEALS!

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

<p>1 Milk/Juice Ham & Egg Sandwich</p> <p>Burritos w/wo Chili Spanish Rice Veggie Sticks Chilled Peaches Choice of Milk</p>	<p>2 Milk/Juice Empanada</p> <p>Grilled Chicken Patty Creamy Rice Glazed Carrots Fruited Jello Hot Roll Choice of Milk</p>	<p>3 Milk/Juice Chicken Biscuit</p> <p>Sausage Pizza Green Beans Fresh Fruit Choice of Milk</p>	<p>4 Milk/Juice Pig in a Blanket</p> <p>Sloppy Joe on Wheat Bun Mixed Tator Tots Pickle Slices Applesauce Choice of milk</p>
<p>7 Milk/Juice Cold Cereal Graham crackers</p> <p>Chicken Nuggets Mashed Potatoes Gravy Roll Fruit Peas & Carrots Choice of Milk</p>	<p>8 Milk/Juice Pig in a Blanket</p> <p>Nacho Supreme Lettuce & Tomatoes Seasoned Corn Fresh Fruit Choice of Milk.</p>	<p>9 Milk/Juice Tropical French Toast</p> <p>Oven Fried Chicken French Fries Biscuit Fruit Corn on the Cob Choice of Milk Milk/Juice</p>	<p>10 Milk/Juice Sausage Biscuit</p> <p>Beef-a-roni Green Beans French Bread Fruit Choice of Milk</p>
<p>14 Milk/Juice Cold Cereal Graham crackers</p> <p>Chicken Strips Mashed Potatoes Gravy Roll Fruit Mixed Vegetables Choice of Milk</p>	<p>15 Milk/Juice Breakfast Burrito</p> <p>Chicken Fajita Taco Refried Beans Lettuce & Tomatoes Applesauce Choice of Milk</p>	<p>16 Milk/Juice Peanut butter & Jelly Uncrustable</p> <p>Breaded Pork Patty Gravy Roll Fruit Broccoli</p>	<p>17 Milk/Juice Cheese Omelet</p> <p>Pepperoni Pizza Green Beans Fresh Fruit Choice of MILK</p>
<p>21</p> <p>Thanksgiving Break</p>	<p>22</p> <p>Thanksgiving Break</p>	<p>23</p> <p>Thanksgiving Break</p>	<p>24</p> <p>Happy Thanksgiving</p>
<p>28 Milk/Juice Cold Cereal Graham crackers</p> <p>Chicken Nuggets Mashed Potatoes Gravy Roll Fruit Peas & Carrots Choice of Milk</p>	<p>29 Milk/Juice Bacon Scramble Pizza</p> <p>Crispy Beef Tacos Lettuce & Tomato Spanish Rice Fresh Fruit Choice of Milk</p>	<p>30 Milk/Juice Banana-Chocolate Breakfast Bar</p> <p>Teriyaki Beef Dippers White Rice Broccoli & Carrots Egg Roll</p>	<p>25</p> <p>Thanksgiving Break</p>



What does **REDUCING FAT, SALT and SUGAR** bring me?

KEEP OUT: Fats and Salt and Sugars, This Means You!

Everything has its place at the table but eating too much of certain foods is unhealthy. Fats, salt and sugars can affect the way you look, feel and perform. Avoid junk food and make healthier choices to stay fit. Remember:



Diabetes, Obesity, Tooth Decay

Fried foods like hamburgers and french fries can lead to obesity and diabetes. Try baked, grilled or roasted chicken or turkey with steamed veggies for a delicious and healthy alternative.



Salty snacks like chips and popcorn can lead to high blood-pressure and heart disease. Replace them with fresh fruit or low-salt snacks to keep feeling your best.

Candy is sweet but too much sugar can cause obesity, diabetes and tooth decay. Instead of candy, pastries and gum, try tasty fruit and sugar-free snacks to satisfy your sweet tooth.

The Path to Good Health

Follow the paths to find out what's waiting at the end

Strong Mind, Healthy Body

Fat Flats

Salt River

Sugar Street

Nutrition Road

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov.

Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.

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What would you give for a room full of candy?

Obesity, Heart Disease, Cancer

Probably my teeth.



Good News and Bad News

Refined sugar is bad for you—those are the sugars you find in candy, cakes, pies and some breakfast cereals. But the sugars you find in fruit are just as sweet and provide you with a healthy burst of energy. And while greasy fats in chips and fast foods can damage your heart, there are good fats, too. Look for them in nuts, olive oils, avocados and salmon. Now you know!

OUR CAFETERIA BRINGS IT!

Thanksgiving Lunch will be celebrated on the following dates:

- Ortiz Intermediate – Nov. 10th
- San Pedro Elem. – Nov. 16th
- Lotspeich Elem. – Nov. 17th
- Hattie Martin Elem. – Nov. 17th
- Salazar Elem. – Nov. 18th

The menu for Thanksgiving Lunch is:
 Turkey & Dressing
 w/gravy Rolls
 Mashed Potatoes
 Green Beans
 Fruit Salad
 Cranberry Sauce

Hypertension, Heart Disease, High Blood Pressure



Food and Nutrition Division
 3 E'S OF HEALTHY LIVING
 Education, Exercise and Eating Right