

November

HAVE FUN COLOR ME! AND EAT SCHOOL MEALS!



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 Breakfast- Cheese Omelet, Biscuit, juice, milk Lunch- BBQ Sandwich, baked beans, chips, cobbler, milk MS&HS- Potato</p>	<p>2 Breakfast- Ham & Cheese Croissant, fruit, juice, milk Lunch- Chicken Strips, potatoes, gravy, greenbeans, milk, bread MS&HS- Deli Wrap</p>	<p>3 Breakfast- Biscuit, Gravy, fruit, juice, milk Lunch- Beef Tips, Rice, corn, roll, fruit, pudding, milk MS&HS- Corndog</p>	<p>4 Breakfast- Mini Pancakes, Sausage, juice, milk Lunch- Tiger Chic-Filet, fixins, fruit, fries, milk</p>
<p>7 Breakfast- Pizza, fruit, juice, milk Lunch- Chicken Fajita, rice, beans, fruit, pudding, milk MS&HS- Burrito</p>	<p>8 Breakfast- Biscuit, Sausage, juice, milk Lunch- Ham & Cheese Hogie, Fixins, corn, fruit, chips, milk MS&HS- Corndog</p>	<p>9 Breakfast- Ham & Cheese Croissant, fruit, juice, milk Lunch- Chicken Rings, potatoes, gravy, beans, fruit, milk MS&HS- Burger</p>	<p>10 Breakfast- Honey Bun, fruit, juice, milk Lunch- Sausage on a Bun, baked beans, carrot sticks, fruit, chips, milk MS&HS- Pizza</p>	<p>11 NO SCHOOL!</p>
<p>14 Breakfast- Biscuit, Sausage, juice, milk Lunch- Nachos, meat, cheese, beans, fruit, milk, cookie MS&HS- Burrito</p>	<p>15 Breakfast- Kolache, fruit, juice, milk Lunch- Hot Dog, chili, cheese, chips, fruit, milk Lunch- Pizza Pocket</p>	<p>16 Breakfast- Ham & Cheese Croissant, fruit, juice, milk Thanksgiving Dinner, Turkey, dressing, roll, greenbeans, sweet potatoes, peach cobbler, cranberry sauce, milk</p>	<p>17 Breakfast- Cheese omelet, biscuit, juice, milk Lunch- Pizza, salad, corn, fruit, milk MS&HS- Chicken Sandwich</p>	<p>18 Breakfast- Mini Pancakes, Sausage, juice, milk Lunch- Tiger Chic Filet, Fixins, fries, fruit, milk</p>
<p>21 Breakfast- Chicken, Biscuit, juice, milk Lunch- Soft Taco, cheese, lettuce, rice, beans, fruit, milk MS&HS- Burrito</p>	<p>22 Breakfast- Pizza, fruit, juice, milk Lunch- Bag Lunch Early Release!</p>	<p>23 Have A Safe & Happy Thanksgiving!!</p>		
<p>28 Breakfast- Honey Bun, fruit, juice, milk Lunch- Beef Taco Pie, tortilla rounds, rice, beans, fruit, milk MS&HS- Burrito</p>	<p>29 Breakfast- Waffle Sausage, juice, milk Lunch- Sausage On a stick, baked beans, chips, apple cobbler, milk MS&HS- Burger</p>	<p>30 Breakfast- Ham & Cheese Croissant, fruit, juice, milk Lunch- Chicken, peas, cornbread, fruit, pudding, milk MS&HS- Nuggets</p>	<p>THANKFUL FOR GOOD SCHOOL NUTRITION!</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:

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



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

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.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

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!

Your text here.

Hypertension, Heart Disease, High Blood Pressure