

November

HAVE FUN COLOR ME! AND EAT SCHOOL MEALS!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



	<p>1 Fruit Yogurt, Banana Bread, Strawberries, Milk</p> <p>Turkey Sub Sandwich, Relish Plate, Orange, Milk</p>	<p>2 Oatmeal, Cinnamon Roll, Grapes, Milk</p> <p>Cheese Pizza, Green Beans, Salad, Fruit Cocktail, Milk</p>	<p>3 Rice Crunchies, String Cheese, Raisin Bread, Apple, Milk</p> <p>Tacos, Beans, Corn, Banana, Cupcake, Milk</p>	<p>4 Cheerios, Zucchini Bread, Banana, Milk</p> <p>Lasagna, Tossed Salad, Garlic Bread, Apple, Milk</p>
<p>7 Trix, English Muffin, Banana, Milk</p> <p>Quesadilla, Chicken Noodle Soup, Peas, Apple, Teddy Grahams, Milk</p>	<p>8 Wheaties, String Cheese, Zucchini Bread, Banana, Milk</p> <p>Chef Salad, Roll, Grapes, Rice Crispy Treat, Milk</p>	<p>9 Yogurt Granola Parfait, Raisin Bread, Hard Boiled Egg, Strawberries, Milk</p> <p>Cheeseburger, Green Beans, Pineapple, Milk</p>	<p>10 Cinnamon Toast Crunch, Pumpkin Bread, Orange Juice, Milk</p> <p>Roasted Chicken, Brown Rice, Veggies, Peaches, Milk</p>	<p>11</p> <p>NO SCHOOL</p>
<p>14 Cinnamon Toast Crunch, Pumpkin Bread, String Cheese, Apple Juice, Milk</p> <p>Chicken Nuggets w/ BBQ Sauce, Sweet Potato Fries, Peas, Roll, Banana, Milk</p>	<p>15 Wheaties, Banana Bread, Apple, Milk</p> <p>Nachos, Salad, Pears, Milk</p>	<p>16 Cheerios, Zucchini Bread, Grapes, Milk</p> <p>Beef and Bean Burrito w/ Salsa, Spanish Rice, Mixed Vegetables, Orange, Milk</p>	<p>17 Oatmeal, Cinnamon Roll, Banana, Milk</p> <p>Fried Chicken, Mashed Potatoes and Gravy, Green Beans, Roll, Grapes, Milk</p>	<p>18 Fruit Yogurt, Raisin Bread w/ Jelly, Strawberries, Milk</p> <p>Hot Dog, Potato Chips, Raw Vegetables, Apple, Milk</p>
<p>21 Cheerios, Pumpkin Bread, Orange Juice, Milk</p> <p>Spaghetti w/ Meatballs, Garlic Bread, Mixed Vegetables, Salad, Peaches, Milk</p>	<p>22 Cinnamon Toast Crunch, Banana Bread, Fruit Yogurt, Strawberries, Milk</p> <p>Turkey, mashed potatoes, gravy, green beans, fruit salad, roll, pumpkin bars, milk.</p>	<p>23</p> <p>NO SCHOOL THANKSGIVING BREAK</p>	<p>24</p> <p>NO SCHOOL THANKSGIVING BREAK</p>	<p>25</p> <p>NO SCHOOL THANKSGIVING BREAK</p>
<p>28 Cinnamon Toast Crunch, Pumpkin Bread, Apple Juice, Milk</p> <p>BBQ Chicken, Mashed Potatoes w/ Gravy, Green Beans, Roll, Pears, Milk</p>	<p>29 Fruit Yogurt, Banana Bread, Strawberries, Milk</p> <p>Turkey Sub Sandwich, Relish Plate, Orange, Milk</p>	<p>30 Oatmeal, Cinnamon Roll, Grapes, Milk</p> <p>Cheese Pizza, Green Beans, Salad, Fruit Cocktail, Milk</p>	<p>THANKFUL FOR GOOD SCHOOL NUTRITION!</p>	



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

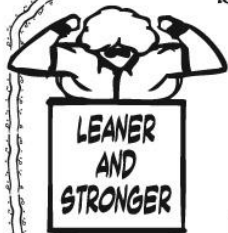
KEEP OUT: Fats and Salt and Sugars, This Means You!

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:



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

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!

Please call the school attendance line at (303) 398-1119 if your child is going to miss school. You may leave a voicemail on this line and the nurses will check it.

Please call the school nurses line at (303) 398-1488 if you need to speak to the nurses regarding any medical issues.

Please call the school office at (303) 398-1103 if your child needs a school lunch and is going to be late to school.

Hypertension, Heart Disease, High Blood Pressure