

November

HAVE
FUN COLOR
ME! AND EAT
SCHOOL
MEALS!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1 Crispy Tacos Lettuce & Tomato Spanish Rice Pinto Beans <u>Fancy Gelatin</u> PB & J Graham Sandwich	2 Chicken Nuggets Mashed Potatoes Glazed Carrots Strawberries & Bananas <u>Hot Roll</u> Mini Cini	3 Spaghetti Meat Sauce Savory Green Beans Garden Salad Bread Sticks <u>Apple Crisp</u> Breakfast Hot Pocket	4 Sub Sandwich Lettuce, Tomato, Pickles Tater Tots Sliced Peaches <u>Brownie</u> Cinnamon Tastries
7 BBQ Chicken Broccoli Rice & Cheese Garden Salad Blushing Pears <u>Cornbread</u> Cinnamon Glazed French Toast	8 Sloppy Joes Pickle Spears Corn Cobbettes Fresh Apples <u>Multigrain Chip</u> Pigs N Blanket	9 Steak Fingers Mashed Potatoes Gravy Savory Green Beans Hot Roll <u>Frozen Cherry Bar</u> Breakfast Burrito	10 Chicken Quesadillas Pinto Beans Seasoned Corn <u>Apricot Cobbler</u> French Toast Sticks
14 Hot Dog Chili / Cheese Oven Fries Apple & Orange Smiles <u>Sherbet Cup</u> Breakfast Pizza	15 Cheese Enchiladas Refried Beans Garden Salad <u>Cinnamon Apples</u> Waffle Sticks	16 Ultimate Taco Salad Seasoned Corn Snowball Salad <u>Brownie</u> Egg Omelet /Biscuit	17 <u>Travis</u> Turkey Dressing Mashed Potatoes Gravy Green Beans Hot Roll <u>Pie</u> Muffins
21	22	23	24
26 Crispy Chicken Mashed Potatoes Gravy Savory Green Beans Garden Salad Bread Sticks <u>Apple Crisp</u> Breakfast Hot Pocket	27 Sub Sandwich Lettuce, Tomato, Pickles Tater Tots Sliced Peaches <u>Brownie</u> Cinnamon Tastries	28 <u>Travis</u> Turkey Dressing Mashed Potatoes Gravy Green Beans Hot Roll <u>Pie</u> Muffins	29 <u>AUSTIN</u> EARLY RELEASE Turkey Dressing Mashed Potatoes Gravy Green Beans Hot Roll <u>Pie</u> Muffins
34	35	36	37

HAPPY THANKSGIVING

28 Chicken Fajitas Refried Beans Seasoned Corn Orange Smiles <u>Sherbet Cup</u> PB & J Sandwich	29 Chicken Fried Steak Mashed Potatoes Gravy Savory Green Beans Hot Roll <u>Strawberry Shortcake</u> Cinnamon Roll	30 Chicken Spaghetti Garden Salad Fresh Apples Texas Toast <u>Brownie</u> Bacon /Biscuit
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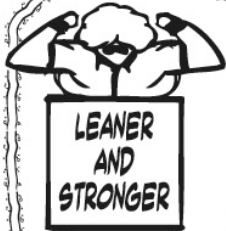
What does **REDUCING FAT, SALT and SUGAR** bring me?

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.

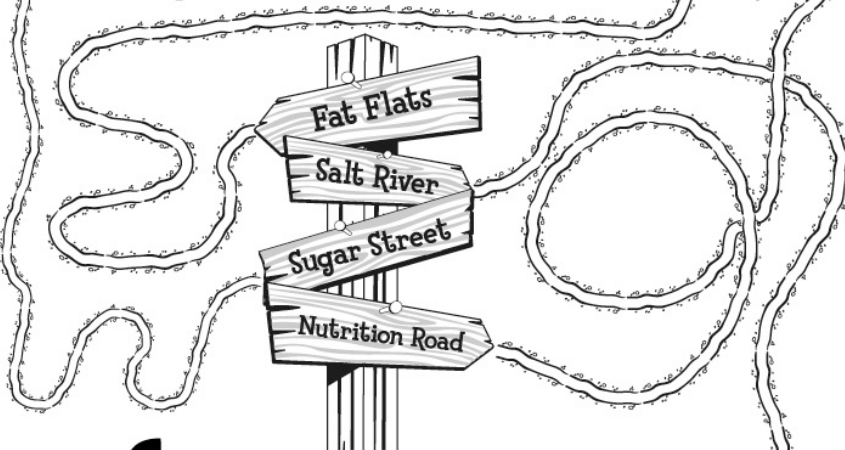
Salty snacks like chips and popcorn can lead to high blood-pressure and heart disease. Replace them with fresh fruit or low-salt snacks to keep feeling your best.

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



OUR CAFETERIA BRINGS IT!



Food and Nutrition Division
3E'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.

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Hypertension, Heart Disease, High Blood Pressure