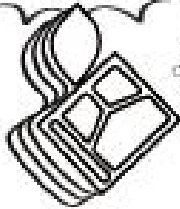


# November

HAVE FUN COLOR ME! AND EAT SCHOOL MEALS!



THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>5</b> Waffle Sticks</p> <p>Chicken &amp; Broccoli Penne Garden Salad Baby Carrots Apple Slices Milk</p>	<p><b>6</b> Breakfast Pocket</p> <p>Pepperoni or Cheese Pizza Garden Salad Fresh Veggie Cup Mixed Fruit Milk</p>	<p><b>7</b> Tortilla Omelet</p> <p>Ultimate Taco Salad Romaine &amp; Tomatoes Seasoned Corn Fresh Fruit Bowl Milk</p>	<p><b>1</b> Pancake Pup</p> <p>Spaghetti w/Meatballs Garden Salad Savory Green Beans Sliced Peaches Milk</p>	<p><b>2</b> Mini Corndogs</p> <p>Turkey &amp; Cheese Wraps Sweet Potato Tots Cucumber Dippers Fresh Seasonal Fruit Milk</p>
<p><b>12</b> Breakfast Burrito</p> <p>Cheese Enchiladas Spanish Rice Refried Beans Garden Salad Salsa Cinnamon Apple Milk</p>	<p><b>13</b> French Toast Sticks</p> <p>Hot Dog w/Chili Potato Tots Fresh Veggie Cup Fresh Fruit Milk</p>	<p><b>14</b> Pancakes</p> <p>Grilled Cheese Sandwich Vegetable Soup Baby Carrots Fruit Cup Milk</p>	<p><b>8</b> Cinnamon Roll</p> <p>Chicken Quesadilla Black Beans Baby Carrots Orange Smiles Salsa Milk</p>	<p><b>9</b> Muffins</p> <p>Turkey &amp; Dressing Whipped Potatoes Green Beans Hot Roll Fruit Cup Milk</p>
<p><b>19</b> Pancakes</p> <p>Corn Dog Baked Beans Tomato &amp; Cucumber Cup Apple-Pineapple D'lite Milk</p>	<p><b>20</b> Oatmeal/Toast</p> <p>Chicken Sandwich Oven Fries Fresh Veggie Cup Fruity Gelatin Milk</p>	<p><b>21</b></p> <p>THANKSGIVING  HOLIDAY</p>	<p><b>22</b></p> <p>THANKSGIVING  HOLIDAY</p>	<p><b>16</b> Breakfast Quesadilla</p> <p>Hamburger Lettuce, Tomato, Pickle Seasoned Corn Baby Carrots Sliced Peaches Milk</p>
<p><b>26</b> Tortilla Omelet</p> <p>Beef and Cheese Chalupa Garden Salad Refried Beans Applesauce Milk</p>	<p><b>27</b> Waffles</p> <p>Country Fried Steak Whipped Potatoes Savory Green Beans Hot Rolls Strawberry Cups Milk</p>	<p><b>28</b> French Toast</p> <p>Chicken Fajitas Garden Salad Charro Beans Seasoned Beans Orange Smiles salsa Milk</p>	<p><b>29</b> Breakfast Pizza</p> <p>Chicken Spaghetti Garden Salad Apple Slices Breadsticks Baby Carrots Milk</p>	<p><b>30</b> Muffins</p> <p>Fish Tacos Sweet Potato Fries Coleslaw Salsa Sliced Peaches Milk</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**  
 50% OF HEALTHY LIVING  
 Education, Exercise and Eating Right  
 TEXAS DEPARTMENT OF AGRICULTURE  
 COMMISSIONER TERRY STEPLER

Squaremeals is the Texas Department of Agriculture's Nutrition Education and Outreach program funded by the U.S. Department of Agriculture, Food & Nutrition Service.  
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What would you give for a room full of candy?

Obesity, Heart Disease, Cancer

Probably my teeth.



Diabetes, Obesity, Tooth Decay

## 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 oil, avocados and salmon. Now you know!

## OUR CAFETERIA BRINGS IT!

Lisa Alvarado

Tara Lehman

HAPPY

THANKSGIVING

FROM ALL OF US

AT

NEW HOME ISD

Rosalinda Torres

Hope Hargrove