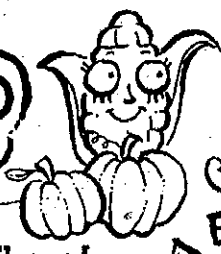




square meals

# November



Have FUN and color me! and Eat School meals!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken Patty Choose a Veggie Choose a Fruit Milk	<b>3</b> Hot Dog/Bun Choose a Veggie Choose a Fruit Milk	<b>4</b> Hot Ham Sandwich Choose a Veggie Choose a Fruit Milk	<b>5</b> Cheese Dippers Choose a Veggie Choose a Fruit Milk	<b>6</b> Mystery Meal
<b>9</b> Hamburger/Bun Choose a Veggie Choose a Fruit Milk	<b>10</b> Brunch Hash Brown Juice	<b>11</b> ½ Day No Lunch	<b>12</b> Conferences	<b>13</b> No Lunch
<b>16</b> Chicken Nuggets Choose a Veggie Choose a Fruit Milk	<b>17</b> Turkey Deli Choose a Veggie Choose a Fruit Milk	<b>18</b> Tacos with a choice of Toppings	<b>19</b> Fajitas Choose a Veggie Choose a Fruit Milk	<b>20</b> Mystery Meal
<b>23</b> Pizza Choose a Veggie Choose a Fruit Milk	<b>24</b> Corn Dogs Choose a Veggie Choose a Fruit Milk	<b>25</b> ½ Day No Lunch	<b>26</b> Thanksgiving	<b>27</b> Off
<b>30</b> Fish Sticks Choose a Veggie Choose a Fruit Milk				

## Breakfast Foods That Boost Brainpower

Kids who eat breakfast do better in school than kids who don't. But that doesn't mean you should eat just anything. Avoid sugary cereals and pastries. They'll pick you up only to let you down. Instead, go for foods that are high in protein and whole grains — like those offered by your School Breakfast Program. Menu choices like these will start your day right:

- \* Eggs
- \* Whole-grain toast
- \* Fresh fruit with yogurt and granola
- \* Hot or cold whole-grain cereal with low-fat or skim milk

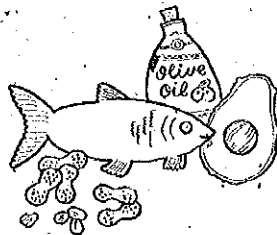
## Strong Families Make Strong Communities

November 22-28 is National Family Week, a time to think about your family and your community. To celebrate, plan a healthy neighborhood supper; write a thank-you note to someone who has helped your family, or play games with a family member or a friend you haven't seen in a while. What other fun things can you dream up?

## Good Fat/Bad Fat

Some fats are actually good ones. They provide energy, carry important nutrients, and are found in fish, nuts and vegetables.

You'll get good fats when you eat salmon, almonds, olive oil, avocados and peanuts. You'll find bad fats in foods such as potato chips, cookies and french fries.



## Check Out the CAFETERIA BUZZ

Lunch Prices; PK-6 \$1.90, 7-8 \$2.00, Milk .40¢. Café phone number is 414.453.6850. Menu may change due to availability.

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://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 Adjudication and Compliance, 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.

