



December

EAT SCHOOL MEALS!

HAVE FUN COLOR ME!

THURSDAY * FRIDAY

MONDAY

TUESDAY

WEDNESDAY

<p>5 BBQ RIB SANDWICH Veggie Dippers Baked Beans Fresh Fruit Choice Chocolate Chip Cookie Milk</p> <p>Breakfast: Pancakes, Juice, Milk</p>	<p>6 BURRITO Seasoned Corn Tossed Salad/Ranch Applesauce Sherbet Cup Milk</p> <p>Breakfast: Oatmeal Breakfast Round, Juice, Milk</p>	<p>7POPCORN CHICKEN Mashed Potatoes Peas & Carrots Blushing Pears Texas Toast Milk</p> <p>Breakfast: Scrambled Eggs, Toast, Juice, Milk</p>	<p>1 FISH STRIPS Green Beans Corn on Cob Mixed Fruit Wheat Roll Milk</p> <p>Breakfast: Breakfast Pizza, Juice, Milk</p>	<p>2 HAMBURGER Baby Carrots/Ranch Potato Rounds Burger Salad Fresh Orange Milk</p> <p>Breakfast: Yogurt, Graham Cracker, Juice, Milk</p>
<p>12TOASTED CHEESE SANDWICH Potato Rounds Pickle Spears Fresh Fruit Choice Milk</p> <p>Breakfast: Yogurt, Graham Cracker, Juice,</p>	<p>13 CHICKEN NUGGETS Mashed Potatoes Seasoned Carrots Apricots Wheat Roll Milk Breakfast: Omelet, Toast, Juice, Milk</p>	<p>14ENCHILADAS Refried Beans Lettuce & Tomatoes Fruited Gelatin/Topping Milk</p> <p>Breakfast: Breakfast Pizza, Juice, Milk</p>	<p>8CHEESE PIZZA Mixed Vegetables Tossed Salad/Ranch Cherry Freeze Bar Milk</p> <p>Breakfast: Biscuit, Jelly, Juice, Milk</p>	<p>9CHICKEN PATTY SANDWICH Potato Rounds Burger Salad Diced Peaches Milk</p> <p>Breakfast: Cinnamon Toast, Juice, Milk</p>
<p>19</p> <p>HOLIDAY</p>	<p>20</p> <p>HOLIDAY</p>	<p>21</p> <p>HOLIDAY</p>	<p>22</p> <p>HOLIDAY</p>	<p>23</p> <p>HOLIDAY</p>
<p>26</p> <p>HOLIDAY</p>	<p>27</p> <p>HOLIDAY</p>	<p>28</p> <p>HOLIDAY</p>	<p>29</p> <p>HOLIDAY</p>	<p>30</p> <p>HOLIDAY</p>



What does **PROTEIN** bring me?

Give Your Meal Some Muscle



Muscles make your body strong and protein is the fuel that builds muscle. It's an important part of your diet and you'll find it in some of your favorite foods like meat, poultry, fish, eggs and beans.

Make sure you're getting the protein you need with these menu suggestions:



Breakfast: Get the day started right with a breakfast that includes eggs, lean ham or turkey sausage.

Lunch: Turkey, chicken, tuna or peanut butter – a sandwich on whole-grain bread is a delicious way to get your protein.

After School Snack: Turkey wrapped in lettuce goes great with green grapes and milk. Mix and match healthy meats, milk, fruits, veggies and grains for a tasty, healthy snack before dinner.



Dinner: Choose a grilled steak, baked chicken, roasted turkey or a nutritious choice like black beans or pinto beans for a muscle-building dinner.



Fit for the Plate

Everyone knows exercise makes you stronger. But did you know that protein can help you exercise longer? It's the fuel that builds up your muscles and keeps you going strong. To play your best and exercise like a champ, you'll need to eat lean meats, fish, poultry, eggs, milk or beans every day. Whether you're looking to become a "pro" or just a healthier "teen," it all starts with protein!

What's Missing in Your Meal Plan?

Fill in the blanks to name these popular sources of protein
 B _ _ C _ B _ _ _ NS (The color of a pirate flag; What did Jack get when he traded the cow?)

M _ L _ (You pour it on your cereal)

_ AM _ _ G _ _ (A kind of sandwich that comes on a round bun)

_ _ R _ _ Y (A gobbler)

C _ _ C _ _ F _ _ G _ _ (Something you'd find on the hands of a hen – if hens had hands)

_ _ _ SAN _ _ _ H (A slice of pork between two slices of bread)

S _ LM _ _ (A fish that swims upstream)

_ U _ A (If your casserole seems a little fishy, it probably has this in it)

CH _ _ S _ (What you "Say" before you get your picture taken)

_ _ E _ K (Ribeye, T-bone and Porterhouse)

(Answers: Black Beans, Milk, Hamburger, Turkey, Chicken Fingers, Ham Sandwich, Salmon, Tuna, Cheese, Steak)



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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OUR CAFETERIA BRINGS IT!

SLATON ISD

MENUS ARE SUBJECT TO CHANGE.

Alternate Daily Breakfast is Cereal, Toast, Juice, & Milk

Complete only ONE Free & Reduced Application per family. Meals may be prepaid any day from 7:00 am to 8:30 am, but will be accepted at any time.

Students are allowed only TWO CHARGES.

MEAL PRICES:

BREAKFAST: Full \$1.50 Reduced \$.30 Teacher \$2.00 Guest \$2.00

LUNCH:

ELEMENTARY: Full \$2.00 Reduced \$.40

SECONDARY: Full \$2.50 Reduced \$.40

Teacher \$3.00 Guest \$4.00