

November

HAVE FUN COLOR ME! AND EAT SCHOOL MEALS!



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 PIZZA STIXS/SAUCE Tossed Salad/Ranch Corn on Cob Apricots Milk</p> <p>Breakfast: Scrambled Eggs, Toast, Juice, Milk</p>	<p>2 (JH TURKEY DAY) BEEF RAVIOLI Tossed Salad/Ranch WK Corn Pineapple Tidbits Garlic Bread Milk Breakfast: Biscuit, Jelly, Juice, Milk</p>	<p>3 (SFA TURKEY DAY) POPCORN CHICKEN Mashed Potatoes Peas & Carrots Blushing Pears Texas Toast Milk Breakfast: Waffles, Juice, Milk</p>	<p>4 HAMBURGER Baby Carrots/Ranch Potato Rounds Burger Salad Fresh Orange Milk</p> <p>Breakfast: Cinnamon Toast, Juice, Milk</p>
<p>7 BBQ RIB SANDWICH Veggie Dippers Baked Beans Fresh Fruit Choice Chocolate Chip Cookie Milk</p> <p>Breakfast: Pancakes, Juice, Milk</p>	<p>8 BURRITO WK Corn Tossed Salad/Ranch Applesauce Sherbet Cup Milk</p> <p>Breakfast: Oatmeal Breakfast Bar, Juice, Milk</p>	<p>9 (HS TURKEY DAY) CHICKEN NUGGETS Mashed Potatoes Seasoned Carrots Strawberries & Bananas Wheat Roll Milk</p> <p>Breakfast: Omelet, Toast, Juice, Milk</p>	<p>10 PEPPERONI PIZZA Mixed Vegetables Tossed Salad/Ranch Cherry Freeze Bar Milk</p> <p>Breakfast: Biscuit, Honey, Juice, Milk</p>	<p>11 (CTE TURKEY) CHICKEN PATTY SANDWICH Potato Rounds Burger Salad Diced Peaches Milk Breakfast: Yogurt, Graham Cracker, Juice, Milk</p>
<p>14 FISH STRIPS Green Beans Corn on Cob Mixed Fruit Wheat Roll Sherbet Cup Milk Breakfast: Breakfast Pizza, Juice, Milk</p>	<p>15 ENCHILADAS Refried Beans Lettuce & Tomato Fruited Gelatin/Topping Milk</p> <p>Breakfast: Pancake on Stix, Juice, Milk</p>	<p>16 CHEESE PIZZA WK Corn Tossed Salad/Ranch Apricots Milk Breakfast: Scrambled Eggs, Toast, Juice, Milk</p>	<p>17 STEAK FINGERS Mashed Potatoes Peas & Carrots Fresh Fruit Choice Texas Toast Milk</p> <p>Breakfast: Cinnamon Toast, Juice, Milk</p>	<p>18 HAMBURGER Potato Rounds Burger Salad Diced Pears Cookie Milk</p> <p>Breakfast: Toaster Pastry, Juice, Milk</p>
<p>21 CORN DOG Baked Beans Celery & Carrots Peaches Chocolate Pudding Milk Breakfast: Waffles, Juice, Milk</p>	<p>22 SLOPPY JOE ON A BUN Pickle Spears Corn on Cob Fresh Apple Multigrain Chips Milk Breakfast: Yogurt, Graham Cracker, Juice, Milk</p>	<p>23 HOLIDAY</p>	<p>24 HOLIDAY</p>	<p>25 HOLIDAY</p>
<p>28 POPCORN CHICKEN Mashed Potatoes Green Beans Apricots Texas Toast Milk</p> <p>Breakfast: Omelet, Toast, Juice, Milk</p>	<p>29 SOFT TACO Refried Beans Lettuce & Tomato Fruited gelatin/Topping Spanish Rice Milk</p> <p>Breakfast: Sausage Biscuit, Juice, Milk</p>	<p>30 PEPPERONI PIZZA Mixed Vegetables Tossed Salad/Ranch Fresh Fruit Choice Milk</p> <p>Breakfast: Cinnamon French Toast, Juice, 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:

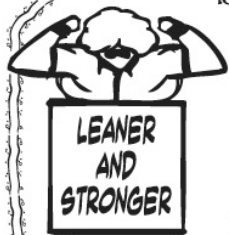
Fried foods like hamburgers and french fries can lead to obesity and diabetes. Try baked, grilled or roasted chicken or turkey with steamed veggies for a delicious and healthy alternative.

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



Diabetes, Obesity, Tooth Decay

Strong Mind, Healthy Body



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!

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

TURKEY DAY MENU:

Turkey, Dressing/Gravy,

Sweet Potatoes, Green Beans,

Pineapple Orange Salad, Hot

Roll, Milk

Hypertension, Heart Disease, High Blood Pressure