



December

HAVE FUN COLOR ME!

EAT SCHOOL MEALS!



THURSDAY

FRIDAY

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MONDAY

TUESDAY

WEDNESDAY

5	6	7	8	9
12	13	14	15	16
19	20	21	22	23

WINTER BREAK

26	27		30
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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:



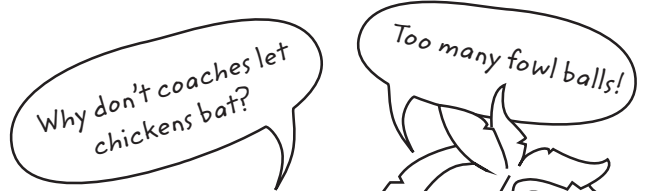
Breakfast: Get the day started right with a breakfast that includes eggs, lean ham or turkey sausage.

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.



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)

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!

OUR CAFETERIA BRINGS IT!

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> <p>BREAKFAST FACT</p> <p>Start your day in a nutritious way, with a low-fat yogurt topped with delicious fruit and whole grain cereal.</p> </div>			1	2
Fruit Cocktail Enriched Cold Cereal Graham Crackers Cheese Stick Milk	Whole Wheat Muffin Cheese Stick Flavored Yogurt Fresh Fruit Milk	Egg & Cheese Hot Pocket 100% Orange Juice Milk	Fruit Salad Whole Wheat Toast Peanut Butter & Jelly Milk	Breakfast Pizza 100% Apple Juice Milk
5	6	7	8	9
French Toast Sticks Flavored Yogurt 100% Orange Juice Milk	Turkey Sausage Biscuit Fruit Salad Milk	Enriched Cereal Graham Crackers Fresh Fruit Milk	Whole Wheat Toast Peanut Butter & Jelly Fruit Salad Milk	Breakfast Pizza 100% Apple Juice Milk
12	13	14	15	16
19	20	21	22	23
26			29	30

NUTRITION TIP: Lactose Intolerance

- About 1 in 4 Americans is lactose intolerant.¹
- Yogurt contains live and active cultures to help break down lactose in dairy.
- The American Academy of pediatrics recommend yogurt as a dairy product for children with lactose intolerance.²

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