

# November

HAVE FUN COLOR ME! AND EAT SCHOOL MEALS!



## MONDAY



## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	<p><b>1</b></p> <p>Chicken Nuggets Mashed Potatoes w/gravy Peas &amp; Carrots</p>	<p><b>2</b></p> <p>Beef Soft Tacos Vegetable Rice w/green peppers, corn, &amp; onions Fresh Fruit</p>	<p><b>3</b></p> <p>Spaghetti w/meat sauce Salad w/carrots Garlic Bread Fresh Fruit</p>	<p><b>4</b></p> <p>Pizza Baby Carrots w/Ranch Dressing Jell-O w/Fruit</p>
<p><b>7</b></p> <p>Baked Ham Mac &amp; Cheese Green Peas Carrots (cooked)</p>	<p><b>8</b></p> <p>Chicken Parmesan w/cheese Pasta w/sauce Fresh Fruit</p>	<p><b>9</b></p> <p>Picadillo (Beef &amp; Potatoes) White Rice Baked Plantains</p>	<p><b>10</b></p> <p>Baked Chicken w/BBQ sauce Baked Beans Mashed Potatoes w/gravy, Bread Fresh Fruit</p>	<p><b>11</b></p> <p>Pizza Garden Salad Fresh Fruit</p>
<p><b>14</b></p> <p>Spaghetti w/meat sauce Salad w/carrots Garlic Bread Fresh Fruit</p>	<p><b>15</b></p> <p>Turkey Soft Tacos Brown Rice Green Peppers &amp; Onions Fresh Fruit</p>	<p><b>16</b></p> <p>Teriyaki Chicken Veg. Fried Rice Veg. Egg Roll Juice</p>	<p><b>17</b></p> <p>Sliced Turkey &amp; Stuffing w/gravy Mashed Potatoes Green Beans Dinner Roll</p>	<p><b>18</b></p> <p>Pizza Baby Carrots w/Ranch Dressing Jell-O w/Fruit</p>
<p><b>21</b></p> <p>NO SCHOOL THIS WEEK!</p>				
<p><b>28</b></p> <p>Picadillo (Beef &amp; Potatoes) White Rice Baked Plantains</p>	<p><b>29</b></p> <p>Baked Chicken w/BBQ sauce Glazed Carrots Country Stuffing</p>	<p><b>30</b></p> <p>Baked Ziti Garden Salad Fresh Fruit</p>		

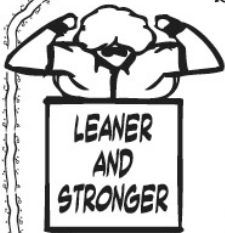


# What does **REDUCING FAT, SALT and SUGAR** bring me?

## 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



Strong Mind,  
Healthy Body

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 oils, avocados and salmon. Now you know!

## OUR CAFETERIA BRINGS IT!

Lake Wales Charter Schools include:

Bok Acadmey

Dale R. Fair Babson Park Elementary

Hillcrest Elementary

Janie Howard Wilson Elementary

Lake Wales High School

Polk Avenue Elementary

Hypertension,  
Heart Disease,  
High Blood Pressure

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).

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Food and Nutrition Division  
3E'S OF HEALTHY LIVING  
Education, Exercise and Eating Right

# November

# Breakfast

# 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Milk Apple Whole Wheat Muffin Cheese Stick Flavored Yogurt	2 Milk 100% Orange Juice Egg & Cheese Hot Pocket	3 Milk Fruit Salad Egg & Cheese Bagel	4 Milk 100% Apple Juice Whole Wheat Pancakes Turkey Sausage
7 Milk 100% Orange Juice French Toast Sticks Flavored Yogurt	8 Milk Fruit Salad Turkey Sausage Biscuit	9 Milk Apple Enriched Cold Cereal Graham Crackers	10 Milk Fruit Salad Whole Wheat Toast Peanut Butter & Jelly	11 Milk 100% Apple Juice Breakfast Pizza
14 Milk Fruit Cocktail Enriched Cold Cereal Graham Crackers Cheese Stick	15 Milk Apple Whole Wheat Muffin Cheese Stick Flavored Yogurt	16 Milk 100% Orange Juice Egg & Cheese Hot Pocket	17 Milk Fruit Salad Egg & Cheese Bagel	18 Milk 100% Apple Juice Whole Wheat Pancakes Turkey Sausage
21 No School This Week!	22	23	24	25
<i>Happy Thanksgiving!</i>				
28 Milk 100% Orange Juice French Toast Sticks Flavored Yogurt	29 Milk Fruit Salad Turkey Sausage Biscuit	30 Milk Apple Enriched Cold Cereal Graham Crackers		

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