

November

HAVE FUN COLOR ME! AND EAT SCHOOL MEALS!



MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p>1 <u><i>Nacho Grande</i></u> w/wo Taco Filling Lettuce, Salsa, Cheese Brown Rice Medley Or Black Beans Chilled Applesauce Choice of Milk</p>	<p>2 <u><i>Chicken Nuggets</i></u> w/wo dipping sauce WW Pasta Steamed Broccoli Or Pita Pocket Salad Mix & Chicken Strawberry Cups Choice of Milk</p>	<p>3 <u><i>Brunch for Lunch</i></u> Waffles or Egg on a bun, Sausage Patty, Hash Brown Or Turkey Wraps Mixed Fruit Cups Choice of Milk</p>	<p>4 <u><i>Stuffed Crust Pizza WW</i></u> Broccoli or Pepperoni Topping Vegetable Vegetable Pasta Salad Fresh Fruit Choice of Milk</p>	
<p>7 <u><i>Pizza Dippers</i></u> Hot Bread Sticks Marinara Sauce for Dipping Mozzarella Cheese Italian Mixed Vegetables Chilled Applesauce Choice of Milk</p>	<p>8 <u>SCHOOL CLOSED</u> <u>ELECTION DAY</u></p>	<p>9 <u><i>Chicken Patty</i></u> on WW Bun, Hamburger or Cheeseburger, Pickles & Baked Fries Chilled Peach Cup Choice of Milk</p>	<p>10 <u><i>Stuffed Crust Pizza WW</i></u> Broccoli or Pepperoni Topping Tossed Salad Diced Pears Choice of Milk <i>Pizzeria - Park Ave.</i></p>	<p>11 <u>SCHOOL CLOSED</u> <u>VETERANS DAY</u></p>
<p>14 <u><i>Chicken Nuggets</i></u> w/wo dipping sauce Sweet Potatoes Steamed Broccoli Or Pita Pocket Salad Mix & Chicken Strawberry Cups Choice of Milk</p>	<p>15 <u><i>Hot Breaded Mozzarella Sticks</i></u> with Marinara Sauce WW French Bread Sautéed Spinach Or Tuna Wrap Mixed Fruit Choice of Milk</p>	<p>16 <u><i>Tomato Soup</i></u> <u>Grilled Cheese</u> <u>Sandwich or</u> Chicken Salad Pita Golden Corn Peach Cups Choice of Milk</p>	<p>17 <u><i>Bagel Day</i></u> Choice of Tuna, Peanut Butter, Turkey or American Cheese on a Bagel Carrot & Celery Sticks w/ dip Choice of Fruit&Milk</p>	<p>18 <u><i>Stuffed Crust Pizza WW</i></u> Broccoli or Pepperoni Topping Three Bean Salad Fresh Fruit Choice of Milk <i>Pizzeria- Saw Mill</i></p>
<p>21 <u><i>Chicken Patty</i></u> <u>Parmesan or</u> <u>Plain on a Bun,</u> WW Pasta with Italian Mixed Vegetables Chilled Peaches Choice of Milk</p>	<p>22 <u><i>Creamy Mac & Cheese with Mini Roll</i></u> Glazed Carrots Or Rice & Beans Chilled Applesauce Choice of Milk</p>	<p>23 <u><i>Stuffed Crust Pizza WW</i></u> Broccoli or Pepperoni Topping Green Bean Salad Diced Pears Choice of Milk</p>	<p>24 <u>SCHOOL CLOSED</u> <u>THANKSGIVING</u></p> 	<p>25 <u>SCHOOL CLOSED</u> <u>THANKSGIVING</u></p> 
<p>28 <u><i>Chicken Nuggets</i></u> w/wo dipping sauce Mashed Potatoes Steamed Broccoli Or Pita Pocket Salad Mix-Chicken Strawberry Cup Choice of Milk</p>	<p>29 <u><i>Meatball & WW Pasta Or Meatball Hero</i></u> Tossed Salad Or Carrot Sticks Mixed Fruit Choice of Milk</p>	<p>30 <u><i>Cheeseburger or Beef Hot Dog on WW Bun or Turkey Wrap</i></u> Pickles & Baked Fries Fresh Fruit Choice of Milk</p>	 <p>THANKFUL FOR GOOD SCHOOL NUTRITION!</p>	



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

What would you give for a room full of candy?

Obesity, Heart Disease, Cancer

KEEP OUT: Fats and Salt and Sugars, This Means You!

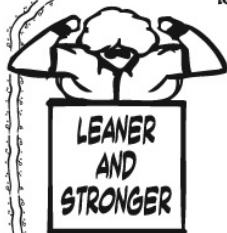
Everything has its place at the table but eating too much of certain foods is unhealthy. Fats, salt and sugars can affect the way you look, feel and perform. Avoid junk food and make healthier choices to stay fit. Remember:



Diabetes, Obesity, Tooth Decay



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.



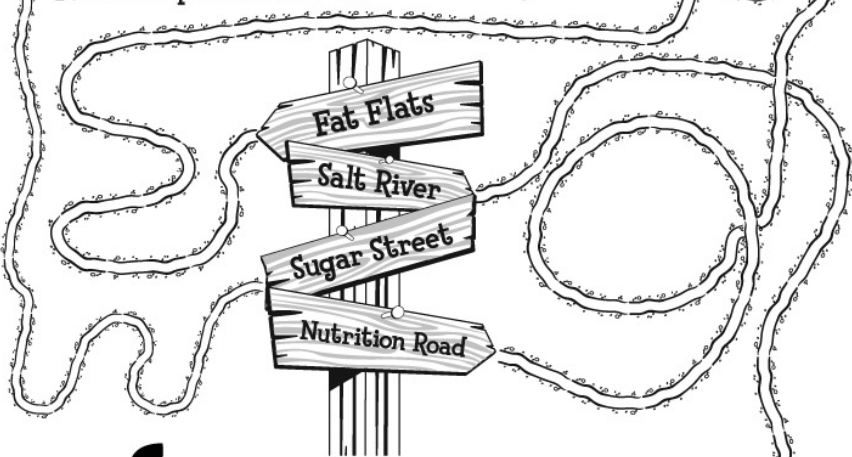
Salty snacks like chips and popcorn can lead to high blood-pressure and heart disease. Replace them with fresh fruit or low-salt snacks to keep feeling your best.

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



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!

North Bellmore U. F. S. D. November, 2011

Student Lunch - \$2.25 Double - \$1.00
 Reduced Lunch - \$.25 Pizzeria Pizza
 Double - \$1.50

Deli Selection: Salads, Turkey, Tuna, Bologna, American Cheese & Peanut Butter
Cold Sandwiches, Wraps & Stuffed Pita's may be substituted for lunch entrée with remainder of the meal.

Choose Daily: Fruit, Apple or Orange Juice
Choose Daily: Skim, 1%, or Low Fat Chocolate

Lunch Office:
 992-3000 x 4427

Hypertension, Heart Disease, High Blood Pressure



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.

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 Civil Rights, 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.