

# December

EAT SCHOOL MEALS!

HAVE FUN COLOR ME!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>5</b> <u>Popcorn Chicken</u> W/wo dipping sauce, WW Italian Bread or Rice &amp; Beans Steamed Broccoli Applesauce Cups Choice of Milk</p>	<p><b>6</b> <u>Bagel Day</u> Choice of Tuna, Peanut Butter, Turkey or American Cheese on a Bagel Corn Cobbett Fresh Fruit Choice of Milk</p>	<p><b>7</b> <u>Hot Breaded Mozzarella Sticks</u> With Marinara Sauce WW French bread Or Tuna Wrap Tossed Salad Diced Pears Choice of Milk</p>	<p><b>8</b> <u>NB- Sliders</u> w/wo Cheese on <u>2-Slider Rolls</u> or Tuna Wrap Oven Fries, Pickles Chilled Peaches Choice of Milk</p>	<p><b>2</b> <u>Stuffed Crust Pizza WW</u> Broccoli or Pepperoni Topping Marinated Green Beans Mixed Fruit Choice of Milk <u>Pizzeria- Dinkelmeyer</u></p>
<p><b>12</b> <u>Pizza Dippers</u> Hot Bread Sticks Marinara Sauce for Dipping Fresh Cut Cheese Sticks Mixed Vegetables Chilled Applesauce Choice of Milk</p>	<p><b>13</b> <u>Chicken Nuggets</u> W/wo dipping sauce WW Italian Bread Steamed Broccoli Or Pita Pocket Ranch Salad Mix &amp; Crispy Chicken Choice of Fruit-Milk</p>	<p><b>14</b> <u>BBO Rib on a Bun</u> or Corn Dog Chicken Noodle Soup Baby Carrot Sticks &amp; Dip Orange Smiles Choice of Milk</p>	<p><b>15</b> <u>Chicken Patty</u> On a WW Bun, Hamburger or Cheeseburger, Oven Fries &amp; Pickles Chilled Peach Cup Choice of Milk</p>	<p><b>9</b> <u>Stuffed Crust Pizza WW</u> Broccoli or Pepperoni Topping Garden Salad Fresh Fruit Choice of Milk <u>Pizzeria- Gunther</u></p>
<p><b>19</b> <u>Popcorn Chicken</u> W/wo dipping sauce WW Italian Bread &amp; Butter Glazed Carrots Chilled Applesauce Choice of Milk</p>	<p><b>20</b> <u>Meatballs &amp; WW Pasta Or Meatball Hero</u> Marinara Sauce Italian Mixed Veggies Diced Pears Choice of Milk</p>	<p><b>21</b> <u>Bagel Day</u> Choice of Tuna, Peanut Butter, Turkey or American cheese on a Bagel Carrot &amp; Celery Sticks w/ dip Choice of Fruit &amp; Milk</p>	<p><b>22</b> <u>Tomato Soup Grilled Cheese Sandwich or Chicken Salad in A Pita</u> Golden Corn Peach Cups Choice of Milk</p>	<p><b>16</b> <u>Stuffed Crust Pizza WW</u> Broccoli or Pepperoni Topping Marinated Green Beans Mixed Fruit Choice of Milk <u>Pizzeria- Martin Ave</u></p>
<p><b>26</b> HOLIDAY RECESS</p>	<p><b>27</b> HOLIDAY RECESS</p>	<p><b>28</b> HOLIDAY RECESS</p>	<p><b>29</b> HOLIDAY RECESS</p>	<p><b>23</b> <u>Mini Round Pizza</u> Broccoli or Pepperoni Topping Garden Salad Mixed Fruit Choice of Milk *Holiday Cookie*</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:



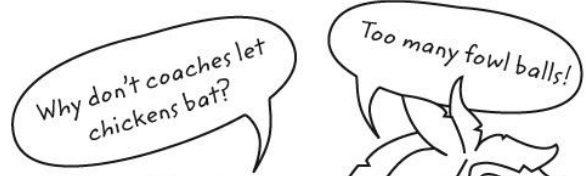
**Breakfast:** Get the day started right with a breakfast that includes eggs, lean ham or turkey sausage.

**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, Hamburgers, 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](http://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!

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

Student Lunch - \$2.25    Doubles - \$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