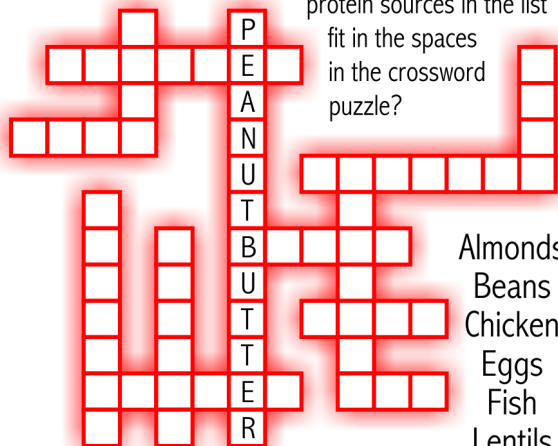




Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than ½ the fat and ¼ of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?



Almonds
Beans
Chicken
Eggs
Fish
Lentils
Milk
Pork
Soy
Turkey
Walnuts
Yogurt



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, November 14

Breakfast
Breakfast Burrito

Lunch
-Sausage Pizza
-Mini Corn Dogs
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Seasoned Carrots
Chilled Pears
Cold Milk

Tuesday, November 15

Breakfast
Mini Cinnamon Rolls

Lunch
-Popcorn Chicken & Roll
-BBQ Pork Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Baked Beans
Chilled Applesauce
Cold Milk

Wed., November 16

Breakfast
Pancake & Sausage on a Stick

Lunch
-Toasted Ravioli & Bosco Stick
-Hot Ham & Cheese Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Green Beans
Craisins
Cold Milk

Thursday, November 17

Breakfast
Banana Muffins

Lunch
-Bacon Cheeseburger
-Breaded Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Cheesy Broccoli
Chilled Peaches
Cold Milk

Friday, November 18

Breakfast
Mini Waffles & Syrup

Thanksgiving Lunch
-Turkey & Gravy & Roll
-Meatloaf & Roll
-Chef Salad & Bosco Stick
-Deli Sandwich
Mashed Potatoes & Gravy
Fresh Eckert's Apple
Pumpkin Bar
Cold Milk

Monday, November 21

Breakfast
Breakfast Pizza

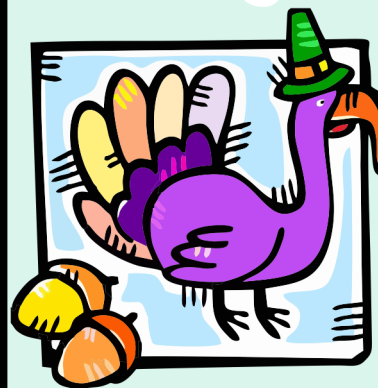
Lunch
-Pepperoni Pizza
-Hot Dog on Bun
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Baby Carrots
Mixed Fruit
Cold Milk

Tuesday, November 22

Breakfast
Sausage Biscuit

Lunch
-Chicken Strips & Waffles
-BBQ Ribette Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Sweet Corn
Chilled Applesauce
Cold Milk

Thanksgiving Beak Break!



See you beak back here on Monday, November 28!

Monday, November 28

Breakfast
Peach Parfait & Nutri-grain Bar

Lunch
-Cheese Pizza
-Mini Corn Dogs
-Popcorn Chicken Salad
-Deli Sandwich
Seasoned Carrots
Chilled Pears
Cold Milk

Tuesday, November 29

Breakfast
Pop Tarts

Lunch
-Sausage, Egg & Cheese Croissant
-Breaded Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Emoji Smiles
Chilled Applesauce
Cold Milk

Wed., November 30

Breakfast
Pancake & Sausage on a Stick

Lunch
-Popcorn Chicken with Pretzel Bites & Queso
-Hamburger
-Chef Salad & Bosco Stick
-Deli Sandwich
Seasoned Green Beans
Craisins
Cold Milk

