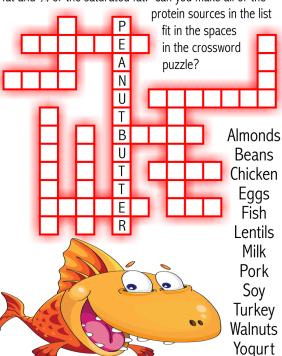


# **Protein Power!**

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



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

#### Monday, November 14

Breakfast **Breakfast Burrito** 

Lunch -Sausaae 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!



# 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 -Deli Sandwich

**Emoii 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

Seasoned Green Beans Craisins

Cold Milk

