



OCTOBER 2011



Balance Your Calories

The USDA has revised the graphic for their nutritional recommendations. The Food Pyramid has been replaced by a Food Plate, which makes a lot more sense. Pyramids have nothing to do with food, at least nothing that I would want to eat. The "My Plate" has all the same food groupings as the pyramid, but regroups food choices to represent what your plate should look like at each meal. The new icon graphically demonstrates that our meals, like life, need balance. The USDA recommends that children eat between 2000 and 2400 calories a day. Those calories should be balanced between whole grains, lean proteins, reduced fat dairy and fresh fruits and vegetables at every meal. Add 30 - 60 minutes of physical activity every day, and you will have a healthy lifestyle that truly balances out. You can find more information about the USDA nutritional guidelines and the new food plate icon at www.choosemyplate.gov

Mon	Tue	Wed	Thu	Fri
3 Hamburgers served with vegetables and fruit	4 Soft tacos with lettuce and cheese served with fruit	5 Chicken Noodle soup served with vegetables and fruit	6 Baked Ziti served with salad and fruit	7 11:30 Dismissal
10 No School	11 Ham and Cheese served with vegetables and fruit	12 Chicken Nuggets served with vegetables and fruit	13 Hot Dogs served with vegetables and fruit	14 Cheese pizza served with salad and fruit
17 Spaghetti with meat sauce served with salad and fruit	18 Fish Sticks served with vegetables and fruit	19 Chicken sandwich served with vegetables and fruit	20 Cheese Ravioli served with salad and fruit	21 11:30 Dismissal
24 Nachos with beef served with vegetables and fruit	25 Sloppy Joe sandwiches served with tator tots and fruit	26 Meatball subs served with vegetables and fruit	27 Macaroni and cheese served with vegetables and fruit	28 No School
31 Cheeseburgers served with vegetables and fruit				



Lunch Tickets can be purchased through the school office for \$35.00 for 10 lunches.

