### **Families Making the** Connection

Be a Healthy Role Model

You are the most important influence on your child. There are many things you can do to build healthy habits for life. Cook, eat and talk together—make mealtime family time!

Show by example. Eat fruits, veggies and whole grains for meals and snacks. Try new foods yourself. Talk with your child about a new food's enjoyable taste, texture and smell.

**Shop smart.** Let your child make healthy choices when grocery shopping with you. Discuss where fruits, veggies, grains, dairy and protein foods come from. Let your child pick a new veggie or fruit to try at home.

Reward with attention, not food. Show your love with hugs and talks. Offering sweets to reward or comfort your child lets your child think sweets are better than other foods.

Focus on each other at the table. Try to make eating meals a stress-free time. Turn off the TV. Answer phone calls, emails and texts later.

**Set screens aside.** Allow no more than 2 hours a day of screen time. like TV and computer games. During commercials, move around—climb the stairs or do jumping jacks.

Move more together. Involve your children in planning physical activities for the entire family. Walk, run, bike together—physical activity should be fun for everyone!

#### November

- American Diabetes Month
- Good Nutrition Month
- Peanut Butter Lovers' Month

# Memus for

# November 2013



# **FORT BRAGG SCHOOLS**



### **Families Eating Smart** and Moving More

Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:

- Prepare and eat more meals at home.
- Tame the tube.
- Choose to move more every day.
- Right-size your portions.
- Re-think your drink.
- Enjoy more fruits and vegetables.
- Breastfeed your baby.

## Friday, November 1

Teacher Workday Non-Student Day



#### Monday, November 4

Whole Grain Croissant Chex's Cereal Apple Wedges or Orange Juice

Toast w/ (Jelly) CHOICE OF COLD MILK LUNCH

Chicken Sandwich

Turkey & Ham Sandwich CHOOSE TWO

Steamed Corn Black eyed Peas Romaine Lettuce w/ Pickle Chips

Orange Wedges CHOICE OF COLD MILK

#### Tuesday, November 5

Scramble Eggs w/ Grits

Apple Jacks Cereal Apple Juice or Orange Wedges Toast w/ (Jelly)

CHOICE OF COLD MILK LUNCH

Spaghetti w/ Sauce and French Bread

> Cheese Burger **CHOOSE TWO**

Green Beans Steamed Carrots Fresh Whole Apple Garden Salad

CHOICE OF COLD MILK

#### Wednesday, November 6

Ham Biscuit w/ Oatmeal

Toasted Cinnamon Cereal Orange Juice or Applesauce

Toast w/ (Jelly) CHOICE OF COLD MILK

> LUNCH Pepperoni Pizza

Or Sloppy Joe

CHOOSE TWO

Garden Peas **Baked Apples** 

Romaine Lettuce w/ Cherry Tomatoes

Fresh Pineapple Wedges CHOICE OF COLD MILK

#### Thursday, November 7

Breakfast Pizza

Raisin Bran

Grape Juice or Sliced Peaches

Toast w/ (Jelly) CHOICE OF COLD MILK

LUNCH Bar-B-Que Chicken w/ Roll Or

Corndog

CHOOSE TWO

Sweet Potato Fluff Steamed Collards

Pinto Beans Fresh Grapes

CHOICE OF COLD MILK

#### Friday, November 8

Parent-Teacher Conference Day



Non-Student Day

#### Fit Foundations

Super Awesome Chili Wraps

Makes 6 servings Serving size: 1 wrap

#### Ingredients

- 2 tablespoons vegetable oil
- 1/4 pound ground turkey
- 1 cup canned diced tomatoes
- 1 1/2 cups pinto beans
- 1/2 cup chopped green bell pepper
- 2 tablespoons minced onion
- 1 clove garlic, minced
- 1/8 teaspoon ground mustard
- 1 teaspoon ground chili powder
- 1/2 teaspoon pepper
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon white vinegar
- 6 (8 inch) whole wheat tortillas
- 1 cup low fat shredded cheddar cheese
- 1 cup shredded lettuce
- 1 cup diced fresh tomatoes

#### Directions

- Heat oil in large sauté pan over medium high heat. Add the turkey and brown.
- 2. Add canned tomatoes and pinto beans. Bring to a simmer.
- In a separate pan, sauté bell peppers for about 3 minutes. Add onion and garlic. Sauté for about 2 more minutes.
- 4. Add onion mixture to bean mixture.
- Mix in mustard, chili powder, and pepper. Stir in cilantro and vinegar.
- Ladle chili onto each tortilla. Sprinkle with cheese, lettuce and tomatoes. Then, roll up and eniov!





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Sources: www.choosemyplate.gov, www.recipesforkidschallenge.com

#### Monday, November 11

Veteran Day



Non-Student Day

#### Tuesday, November 12

Pancake N" Sausage

Cinnamon Toast Cereal Applesauce or Orange Juice Toast w/ (Jelly)

#### CHOICE OF COLD MILK LUNCH

Cheese Pizza Or

Sloppy Joe CHOOSE TWO

Steamed Corn Garden Peas Garden Salad

Orange Wedges CHOICE OF COLD MILK

### Wednesday, November 13

Scramble Eggs w/ Grits

Chex's Cereal Apple Wedges or Grape Juice Toast w/ (Jelly)

#### CHOICE OF COLD MILK LUNCH

Chicken Sandwich

Spaghetti w/ French Bread CHOOSE TWO

Steamed Broccoli Pinto Beans Carrot Sticks w/ Dip Apple Wedges

CHOICE OF COLD MILK

#### Thursday, November 14

Breakfast Pizza

Raisin Bran Cereal Orange Wedges or Apple Juice Toast w/ (Jelly)

#### CHOICE OF COLD MILK LUNCH

Oven Baked Chicken w/ Roll

Hotdoa

CHOOSE TWO Creamed Potatoes Pinto Beans Orange Jell-O w/ Pears Apple & Orange Wedges CHOICE OF COLD MILK

#### Friday, November 15

Grilled Cheese Sandwich

Apple Jacks Cereal Sliced Peaches or Grape Juice Toast w/ (Jelly)

#### CHOICE OF COLD MILK LUNCH

Fish Nuggets w/ Cornbread

Ham & Cheese Sandwich

**CHOOSE TWO** 

**Baked Beans** 

Oven Baked Fries

Coleslaw Orange Wedges

CHOICE OF COLD MILK

Friday, November 22

Grilled Cheese Sandwich

Apple Jacks Cereal

Grapes or Orange Juice

Toast w/ (Jelly)

CHOICE OF COLD MILK

LUNCH

Taco Salad w/ Chips

Fish Nuggets w/ Cornbread

CHOOSE TWO

Oven Baked Fries

**Baked Beans** 

Cherry Tomatoes

Sliced Peaches

CHOICE OF COLD MILK

#### Monday, November 18

Pancake N' Sausage

Chex's Cereal Toast w/ (Jelly) Orange Wedges or Apple Juice

CHOICE OF COLD MILK LUNCH

Ham & Cheese Sandwich

Lasagna w/ French Bread **CHOOSE TWO** 

Steamed Broccoli Steamed Corn Orange Wedges

Apple Wedges CHOICE OF COLD MILK

#### Tuesday, November 19

Yogurt w/ Granola

Cinnamon Toaster Cereal Fresh Pineapple or Orange Juice

Toast w/ (Jelly) CHOICE OF COLD MILK

LUNCH Turkey Pastry w/ Sweet Potato Mufffin

Cheeseburger

**CHOOSE TWO** Orange Glaze Carrots Green Beans

Romaine Lettuce w/ Pickle Chips

Sliced Peaches CHOICE OF COLD MILK

#### Wednesday, November 20

Scramble Eggs w/ Grits

Chex's Cereal Apple Wedges or Grape Juice Toast w/ (Jelly)

#### CHOICE OF COLD MILK LUNCH

Cheese Pizza Or Sub Sandwich

**CHOOSE TWO** Steamed Corn Garden Peas

Spinach w/ Tomatoes Orange Wedges

CHOICE OF COLD MILK

## Thursday, November 21

## THANKSGIVING FEAST

Breakfast Pizza

Raisin Bran Cereal Orange Wedges or Apple Juice Toast w/ (Jelly)

CHOICE OF COLD MILK LUNCH

Turkey w/ Dressing, Gravy & Roll Corndog

#### **CHOOSE TWO Sweet Potato Fluff**

Green Beans **Diced Collards** Waldorf Salad Green Jell-O w/ Fruit Mix **CHOICE OF COLD MILK** 

#### Thursday, November 28



#### Friday, November 29

Thanksgiving Break

Non-Student Day



Non-Teacher Day

#### Tuesday, November 26

Croissant w/ Cream Cheese

Cinnamon Toast Cereal Grapes or Apple Juice

Monday, November 25

#### Toast w/ (Jelly) CHOICE OF COLD MILK LUNCH

Chicken Sandwich

Or Sloppy Joe **CHOOSE TWO** 

Garden Peas **Glazed Carrots** Lettuce w/ Pickles

Orange Wedges CHOICE OF COLD MILK

Breakfast Pizza Rice Chex's Cereal

Apple Wedges or Orange Juice Toast w/ (Jelly)

CHOICE OF COLD MILK LUNCH

Cheese Burger Or Spaghetti w/ Meat Sauce & French Bread

**CHOOSE TWO** Green Beans

Garden Salad Apple Wedges

Sliced Peaches CHOICE OF COLD MILK

#### Wednesday, November 27

Thanksgiving Break Non-Student Day



Non-Teacher Day



Happy Thanksgiving



Thanksgiving Break