









November 2018

Baconton Community Charter School PreK

MON	TUE	WED	THU	FRI
<p><i>Eat at school</i> Students no charge Breakfast & Lunch</p> 	 <p>All menus are subject to change.</p>	<p>Milk available daily.</p>	<p>1 Fish Nuggets w/hushpuppies Baked Beans Cole Slaw Fresh Fruit</p>	<p>2 Pizza WK Corn Romaine Salad w/grape tomatoes Fresh Fruit SS Sugar Cookie</p>
<p>5 Corndog Baked Beans Sweet Potato Tots Fresh Fruit</p>	<p>6 Chicken Nuggets Romaine/diced tomato Creamed Potatoes Fruit</p>	<p>7 Hamburger Romaine Lettuce with sliced tomato WK Corn Fresh Fruit</p>	<p>8 Baked Turkey Dressing w/cranberry sauce Yam Patties Green Beans Fruit cup</p> 	<p>9 Chicken Sandwich Baby carrots Steamed Broccoli Fresh Fruit SS Choc Chip Cookie</p>
<p>12 Cheese Quesadilla w/salsa Sweet Potato Fries Green Beans Fresh Fruit</p>	<p>13 Baked Chicken w/cornbread Turnips/Mustard Creamed Potatoes Fresh Fruit</p>	<p>14 Hot Ham/Cheese Sand. English Peas Romaine Salad Steamed Carrots Fruit</p>	<p>15 Pizza Romaine Salad WK Corn Fresh Fruit</p>	<p>16 Hot dog Baked Beans Corn on the Cob Fresh Fruit SS Candy M&M Cookie</p>
<p>19</p> 	<p>20</p> 	<p>21</p> 	<p>22</p>  <p><i>Happy Thanksgiving! To You And Your Family</i></p>	<p>23</p> 
<p>26 Chicken Tenders Steamed Cabbage Steamed Carrots Fresh Fruit</p>	<p>27 SweetNSour Chicken Rice Squash/Onions Steamed Broccoli Fresh Fruit</p>	<p>28 Taco w/chips/cheese Romaine/tomato slice Green Beans Fresh Fruit</p>	<p>29 BBQ on Bun Baked Beans Cole Slaw Fresh Fruit</p>	<p>30 Chicken Fajita/tortilla WK Corn Romaine Salad w/grape tomatoes Fresh Fruit SS Birthday Cake Cookie</p>

Handling fast-food temptation

Does life in the fast lane mean your family winds up in the drive-thru more often than you'd like? Try these tips to work around the temptation of fast food—and help your child learn to make healthy choices in a pinch.

Tame the habit

Consider cutting back on how often you eat fast food. If you normally get it twice a week, you might drop down to once a week. Tell your youngster ahead of time so she doesn't expect it as often. Explain that you want to eat better and that fast food is often high in fat and sodium.

Plan ahead

Let your child choose healthy snacks to keep in the car, such as nuts, rice cakes, and plain popcorn. You might also plan errands for after mealtimes, or have your youngster eat a nutritious snack at home before you head out. You'll be less likely to stop for fast food if your family isn't hungry.

Order carefully

If you do get fast food, choose grilled chicken rather than fried, a whole-grain bun or tortilla, and fruit or vegetable sides. Suggest that your child request toppings like mustard or extra tomato slices instead of mayonnaise or bacon. Idea: Share "sometimes" foods. Get a small order of onion rings for the whole family. Or ask for a milkshake with extra cups, and divide it up for dessert.