

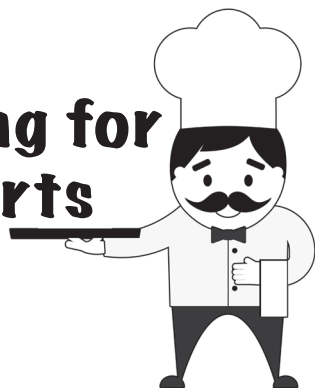
November, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Cheese Sub ¹³ or A) Chicken Nuggets with a Roll Sweet Potato Tots Peaches <i>or</i> Seasonal Fresh Fruit 	Pasta with Meat Sauce & Garlic Toast ¹⁴ or A) Hot Dog on a Bun Green Beans <i>or</i> Tossed Garden Salad Pears Fun & Fitness Cookie Treat!	Manwich Sloppy Joe on a Pretzel Bun ¹⁵ or A) Chicken Patty on a Bun Baked Beans Sunshine Smoothie <i>or</i> Seasonal Fresh Fruit	Fiestada Pizza ¹⁶  or A) Hamburger or Cheeseburger on a Bun Corn <i>or</i> Tossed Garden Salad Raisins	Cheese Stuffed Breadsticks with Marinara Dipping Sauce ¹⁷ or A) Cheese Pizza Broccoli Strawberry Cup <i>or</i> Seasonal Fresh Fruit
Cheese Calzone ²⁰ or A) Chicken Nuggets with a Roll Carrots Applesauce <i>or</i> Seasonal Fresh Fruit 	Walking Taco ²¹ (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Corn <i>or</i> Tossed Garden Salad 100% Fruit Juice 	Meatball Sub ²² or A) Popcorn Chicken with a Roll Potato Wedges Peach Cup <i>or</i> Seasonal Fresh Fruit 	Happy Thanksgiving! ²³ ²⁴  	
Pepperoni Pizza ²⁷ or A) Chicken Nuggets with a Roll Carrots Apple Slices <i>or</i> Seasonal Fresh Fruit 	Oven Baked Chicken with Corn Muffin ²⁸ or A) Hot Dog on a Bun Roasted Potatoes <i>or</i> Tossed Garden Salad Frozen Juice Cup	Salisbury Steak with Gravy & Breadstick ²⁹ or A) Chicken Patty on a Bun Mashed Potatoes Strawberry Cup <i>or</i> Seasonal Fresh Fruit	Chicken Tenders with a Fresh Baked Pretzel Rod ³⁰ or A) Hamburger or Cheeseburger on a Bun Baked Beans <i>or</i> Tossed Garden Salad Pears	

*Please note that at least one vegetable or fruit side must be chosen with each lunch.

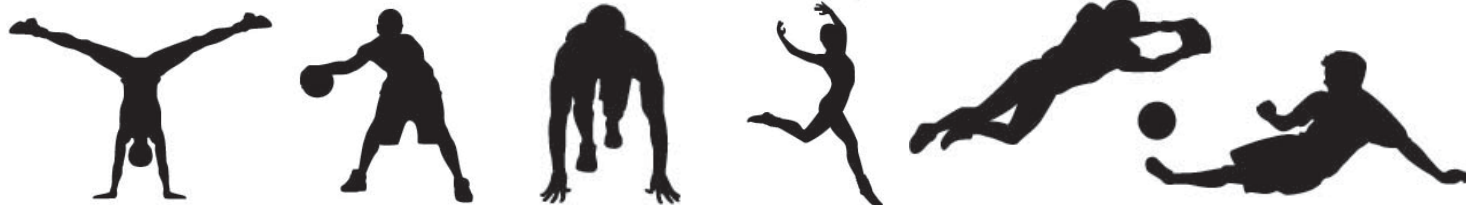
SUBSTITUTION OF ITEMS MAY BE NECESSARY

Eating for Sports



When you play a sport, you make sure you have the equipment you need, like your glove for baseball, cleats for soccer, and high-top sneakers for basketball. You couldn't play the game very well without this gear. But how do you help your game from the inside out?

All children need to eat a variety of healthy foods, and athletes are no different. Everybody needs foods that include a balance of protein, carbohydrates and fats, but that are also rich in vitamins and minerals. However, calcium and iron are especially important for athletes (calcium for strong bones and iron for energy). Another important factor is water--athletes need water before, during, and after exercise.



Every child should also limit the sugary stuff like sodas or candy bars. However, athletes should be sure to avoid sugary stuff right before you practice or compete. You might get a little energy boost, but it will fade fast, leaving you feeling drained. But eating and drinking the right stuff will help you play your best. Now, go out there and have a great season!

Information adapted from KidsHealth.org

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