








November 2018

Baconton Community Charter School

MON	TUE	WED	THU	FRI
<p><i>Eat at school</i></p> <p>Students no charge Breakfast & Lunch</p> 	All menus are subject to change.	<p>Chef Salads served daily.</p> <p>A choice of milk and fruit juice is available daily.</p>	<p>1</p> <p>BBQ on Bun Fish Nuggets w/hushpuppies Grits Baked Beans Cole Slaw Fresh Fruit</p>	<p>2</p> <p>Pizza Chicken Fajita/tortilla WK Corn Romaine Salad w/grape tomatoes Fresh Fruit SS Sugar Cookie</p>
<p>5</p> <p>Corndog Philly Steak/Cheese Baked Beans Sweet Potato Tots Fresh Fruit</p>	<p>6</p> <p>Chicken Nuggets Romaine/diced tomato Creamed Potatoes Black eyed Peas Fruit</p>	<p>7</p> <p>Hamburger Italian Green Beans Romaine Salad w/grape tomatoes Fruit</p>	<p>8</p>  <p>Baked Turkey Dressing & roll w/cranberry sauce Yam Patties Green Beans Fruit cup or Pizza</p>	<p>9</p> <p>Chicken Sandwich Romaine w/baby carrots Steamed Broccoli Fresh Fruit SS Choc Chip Cookie</p>
<p>12</p> <p>Steak Nuggets w/roll Cheese Quesadilla w/salsa Sweet Potato Fries Green Beans Fresh Fruit</p>	<p>13</p> <p>Hamburger WG/Bun Baked Chicken w/cornbread Romaine/tomato slice Turnips/Mustard Creamed Potatoes Fresh Fruit</p>	<p>14</p> <p>Hot Ham/Cheese Sand. Cheese Ravioli w/sauce English Peas Romaine Salad Steamed Carrots Fruit</p>	<p>15</p> <p>Pizza Tuna or Turkey Salad Romaine/Sliced tomato/pickle spear WK Corn Romaine Salad Fresh Fruit</p>	<p>16</p> <p>Hot Dog Chili w/saltines Baked Beans Corn on the Cob Cole Slaw 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</p> <p>Chicken Tenders w/cornbread Steamed Cabbage Steamed Carrots Fresh Fruit</p>	<p>27</p> <p>Sweet N Sour Chicken Hamburger Steak w/roll Rice/Gravy Squash/Onions Baby Carrots w/ranch Steamed Broccoli Fresh Fruit</p>	<p>28</p> <p>Spicy Chicken Sand. Tacos w/chips/cheese Romaine/tomato slice Refried Beans Green Beans Fresh Fruit</p>	<p>29</p> <p>BBQ on Bun Fish Nuggets w/hushpuppies Grits Baked Beans Cole Slaw Fresh Fruit</p>	<p>30</p> <p>Pizza Chicken Fajita/tortilla WK Corn Romaine Salad w/grape tomatoes Fresh Fruit SS Birthday Cake Cookie</p>

A recipe for strong bones

Calcium is the main mineral your tween or teen needs to build strong bones and teeth that last a lifetime. And her growing body requires a lot of it—1,300 mg daily. Here are ways to fit enough calcium into her day.

Dairy products

One cup of milk has 300 mg of calcium, and 1 cup of plain yogurt contains more than 400 mg. Encourage your teen to drink skim milk with her school lunch and eat nonfat yogurt for a midday snack. That's 700 mg—she's more than halfway to her daily total.

Green vegetables

It may surprise your child to learn that dark leafy greens like chard, turnip greens, and mustard greens contain calcium. Suggest that she scramble 2 eggs with 3 cups raw spinach (100 mg calcium) for breakfast, add 1½ cups chopped kale (50 mg calcium) to an after-school smoothie, and eat 1 cup steamed broccoli (50 mg calcium) at dinner. There's another 200 mg, so she's up to 900 mg for the day.

Proteins

Different sources of protein will also add calcium to your tween's diet. She could toss ½ cup cooked tofu into a salad or rice for 400 mg calcium. Or she could make a salmon and bean burrito with 4 oz. canned salmon (200 mg calcium) and 2 cups white beans (another 200 mg). Either way, she has reached the goal of 1,300 mg!