





November 2018

Ewing School Preschool Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Whole Grain Chicken Nuggets Corn Fruit Juice Smoothie Milk	2 Whole Grain Cheese Pizza Baby Carrots w/Ranch Peaches Milk
5 NO PRESCHOOL	6 Peanut Butter and Jelly on Whole Grain Bread Sweet Potato Fries Mandarin Oranges Milk	7 Whole Grain Chicken Tenders Green Beans Mixed Fruit Milk	8 Hamburger on Whole Wheat Bun French Fries Medium Banana Milk	9 PARENT-TEACHER CONFERENCES NO SCHOOL
12  NO SCHOOL	13 BBQ Chicken on Whole Grain Bun Peas Apple Slices Milk	14 Whole Grain Macaroni and Cheese Mixed Vegetables Peaches Milk	15 Meatloaf Patty Tater Tots Medium Banana Whole Grain Roll Milk	16 Whole Grain Cheese Pizza Carrots Mixed Fruit Milk
19 NO PRESCHOOL	20 Roasted Turkey w/Gravy Mashed Potatoes Green Beans Craisins Whole Grain Pumpkin Bread Milk	21 THANKSGIVING BREAK NO SCHOOL	22  NO SCHOOL	23 THANKSGIVING BREAK NO SCHOOL
26 NO PRESCHOOL	27 Whole Grain Popcorn Chicken Steamed Broccoli Mandarin Oranges Milk	28 Peanut Butter and Jelly on Whole Grain Bread Tater Tots Applesauce Milk	29 Whole Grain Fish Sticks Peas Medium Banana Milk	30 Cheese Ravioli in Marinara Sauce Pineapple Tidbits Whole Grain Garlic Toast Milk

Foods can be classified in three groups: Go, Slow, and Whoa. The U.S. National Heart, Lung, and Blood Institute suggests kids think about whether foods are Go Foods, Slow Foods, or Whoa Foods.

Go Foods

These are foods that are good to eat almost anytime. They are the healthiest ones. Example: skim and low-fat milk, water, fruits, and veggies without added fats.

Slow Foods

These are sometimes foods. They aren't off-limits, but they shouldn't be eaten every day. At most, eat them several times a week.

Example: waffles/pancakes, sports drinks, and pretzels.

Whoa Foods

These foods should make you say exactly that — Whoa! Should I eat that? Whoa foods are the least healthy and the most likely to cause weight problems, especially if a person eats them all the time. That's why Whoa foods are once-in-a-while foods. Example: French fries, cookies, ice cream, and soda.

