





# November 2018

## Ewing School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Nuggets Green Beans Corn Fruit Juice Smoothie Whole Grain Cookie Milk	2 Whole Grain Stuffed Crust Pizza Garden Salad Baby Carrots w/Ranch Peaches Milk
5 Rotini w/ Meat Sauce Garden Salad California Blend Peaches Milk	6 Peanut Butter and Jelly on Whole Grain Bread Corn Sweet Potato Fries Mandarin Oranges Milk	7 Chicken Tenders Green Beans Carrots Mixed Fruit Whole Grain Biscuit Milk	8 Hamburger on Whole Wheat Bun French Fries Baked Beans Medium Banana Milk	9 PARENT-TEACHER CONFERENCES NO SCHOOL
12  NO SCHOOL	13 BBQ Chicken on Whole Grain Bun Baked Beans Peas Apple Slices Milk	14 Whole Grain Macaroni and Cheese Mixed Vegetables Peaches Milk	15 Meatloaf Patty Tater Tots Green Beans Medium Banana Chocolate Chip Grahams Milk	16 Whole Grain Pepperoni and Cheese Calzone Garden Salad Baby Carrots w/Ranch Mixed Fruit Milk
19 Beef Hot Dog on Whole Wheat Bun Corn French Fries Fruit Juice Smoothie Milk	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 Salisbury Steak Redskin Potatoes Green Beans Whole Grain Roll Peaches Milk	27 Popcorn Chicken Carrots Steamed Broccoli Mandarin Oranges Whole Grain Biscuit Milk	28 Peanut Butter and Jelly on Whole Grain Bread Mixed Vegetables Tater Tots Applesauce Milk	29 Whole Grain Fish Sticks Sweet Potatoes Peas Medium Banana Milk	30 Cheese Ravioli in Marinara Sauce Garden Salad 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.



