

## Nutrition Byte

### Start Healthy Holiday Traditions

Fall seems to start the season of feasts and festivities. Holiday traditions bring people together—family and friends. Around the world, traditions also include eating special foods. But many of these foods are high in calories and low in nutrients. At the same time, it can be hard to stay active during all of the festivities.

Holiday traditions don't have to be unhealthy. You can be the one to start healthy traditions with your family and friends. You can:

- Include healthy options with meals and snacks.
- Enjoy the holidays without food as the starring role. Watch a favorite holiday movie. Put together a puzzle. Create art.
- Get active. After a holiday meal, go for a brisk walk together. Play some outdoor games with family and friends. Try a new sport or activity. Or turn on some music and dance.
- Help a local food bank or shelter. Host a food or clothing drive.
- Participate in back pack buddies. Learn more: <http://feedingamerica.org>.
- Get creative. Make personalized holiday cards or scrap book gifts. It is more fun when you create together.

**Nutrilink:** Find more ideas and resources: <https://www.eatsmartmovemorenc.com/>

# Middle and High School Menus for November

Monday, November 1	Tuesday, November 2	Wednesday, November 3	Thursday, November 4	Friday, November 5
Hamburger Chicken Sandwich Baked Beans Potato Wedges Fruit Juice Milk	Chicken Quesadilla Macho Nachos Pinto Beans Salsa Fruit Juice Milk	Meatloaf Chicken Nuggets Biscuit Mashed Potatoes Green Beans Fruit Juice Milk	Boneless Wings Chili Combread Muffin Deli Roasters Salad Fruit Juice Milk	Pizza Cheese Stick Marinara Corn Fruit Juice Milk
Monday, November 8	Tuesday, November 9	Wednesday, November 10	Thursday, November 11	Friday, November 12
Hamburger Chicken Sandwich Baked Beans Potato Wedges Fruit Juice Milk	Beef Bites and Rice Sriracha Asian Chicken and Rice Roll Roasted Broccoli Sweet Carrots Fruit Juice Milk	Spaghetti w Bread Stick Pizza Pocket Salad Marinara Fruit Juice Milk		Pizza Cheese Stick Marinara Salad Fruit Juice Milk
Monday, November 15	Tuesday, November 16	Wednesday, November 17	Thursday, November 18	Friday, November 19
Boneless Wings & Corn Muffin Corn dog Potato Smiles Bush's Pintos Beans Fruit Juice Milk	Chicken Alfredo and Bread Stick French Bread Pizza Roasted Broccoli Marinara Fruit Juice Milk	Deli Sandwich Baby Carrots Apple Slices Veg Juice Juice Milk	<i>Thanksgiving Lunch</i> Chicken Tenders & Roll Roasted Turkey & Roll Mashed Potato Green Beans Peach Cobbler Juice Milk	Pizza Cheese Stick Marinara Corn Fruit Juice Milk
Monday, November 22	Tuesday, November 23	Wednesday, November 24	Thursday, November 25	Friday, November 26
Hamburger Chicken Sandwich Baked Beans Potato Wedges Fruit Juice Milk	Pizza Cheese Stick Marinara Corn Fruit Juice Milk  Cookie			
Monday, November 29	Tuesday, November 30			
Hamburger Chicken Sandwich Baked Beans Potato Wedges Fruit Juice Milk	Meatloaf Chicken Nuggets Biscuit Roasted Broccoli Maple Roasted Sweet Potato Fruit Juice Milk			

[Lee County Schools Middle & High Schools



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<http://childnutrition.ncpublicschools.gov>