

## 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/>

# Preschool Menus for November 2021

Monday, November 1	Tuesday, November 2	Wednesday, November 3	Thursday, November 4	Friday, November 5
Cereal, Juice, Milk Hamburger Baked Beans Potato Wedges Milk	Sweet Brd, Fruit Cup, Milk Macho Nachos Pinto Beans Fruit Milk	Cereal, Juice, Milk Chicken Nuggets Mashed Potatoes Green Beans Milk	Sweet Brd, Fruit Cup, Milk Chili Cornbread Muffin Salad Milk	Cereal, Juice, Milk Pizza Cheese Stick Corn Fruit Milk
Monday, November 8	Tuesday, November 9	Wednesday, November 10	Thursday, November 11	Friday, November 12
Cereal, Juice, Milk Chicken Sandwich Bush's Baked Beans Potato Wedges Milk	Sweet Brd, Fruit Cup, Milk Asian Chicken and Rice Roasted Broccoli Sweet Carrots Milk	Cereal, Juice, Milk Spaghetti Salad Milk		Cereal, Juice, Milk Pizza Cheese Stick Marinara Fruit Milk
Monday, November 15	Tuesday, November 16	Wednesday, November 17	Thursday, November 18	Friday, November 19
Cereal, Juice, Milk Comdog Potato Smiles Fruit Milk	Sweet Brd, Fruit Cup, Milk Chicken Alfredo Roasted Broccoli Fruit Mil	Cereal, Juice, Milk Deli Sandwich Apple Slices Veg Juice Milk	Sweet Brd, Fruit Cup, Milk <i>Thanksgiving Lunch</i> Roasted Turkey & Roll Mashed Potato Green Beans Peach Cobbler Milk	Cereal, Juice, Milk Pizza Cheese Stick Corn Fruit Milk
Monday, November 22	Tuesday, November 23	Wednesday, November 24	Thursday, November 25	Friday, November 26
Cereal, Juice, Milk Hamburger Baked Beans Potato Wedges Milk	Sweet Brd, Fruit Cup, Milk Pizza Cheese Sticks Corn Fruit Milk  Cookie			
Monday, November 29	Tuesday, November 30			
Cereal, Juice, Milk Hamburger Baked Beans Potato Wedges Milk	Sweet Brd, Fruit Cup, Milk Chicken Nuggets Green Beans Maple Roasted Sweet Potato Milk			

[Lee County Schools Elementary Schools



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<http://childnutrition.ncpublicschools.gov>