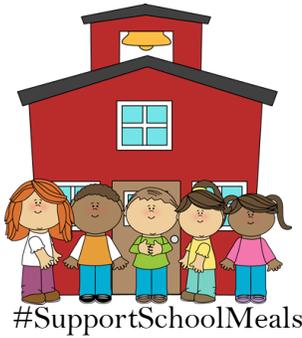
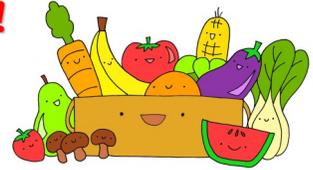


NOVEMBER CAFETERIA NEWSLETTER



#SupportSchoolMeals

FREE SCHOOL MEALS!



Did you know?...

Breakfast is an important meal of the day. Make it a top priority! Breakfast fuels our body with nutrients and energy. Kids who eat breakfast are more alert and typically do better in school.

All Students:
Free Breakfast
Free Lunch

Hybrid/E-Learners:
NEW | [Link for Ordering!](#)

**NOVEMBER 25TH PICK UP
CHANGED TO NOVEMBER
24TH between 12:30-2:00.**

Please notify the cafeteria if you will not be picking up.

Holiday Healthy Hints



Ingredients

1-1/2 cups DOLE Canned Pineapple Juice chilled
1 ripe banana
1 cup fresh or frozen DOLE strawberries or blueberries

Instructions

Combine juice, banana and strawberries in blender or food processor container. Cover; blend until smooth.

Don't shop hungry. Eat before you go shopping so the scent of Cinnabons or caramel corn doesn't tempt you to gobble treats you don't need.

Pay attention to what really matters. Although food is an integral part of the holidays, put the focus on family and friends, laughter and cheer. If balance and moderation are your usual guides, it's okay to indulge or overeat once in a while.

Be buffet savvy. At a buffet, wander 'round the food table before putting anything on your plate. By checking out all of your options, you might be less inclined to pile on items one after another.

Make room for veggies. At meals and parties, don't ignore fruits and vegetables. They make great snacks and even better side or main dishes — unless they're slathered with creamy sauces or butter.

Take 10 before taking seconds. It takes a few minutes for your stomach's "I'm getting full" signal to get to your brain. After finishing your first helping, take a 10-minute break. Make conversation. Drink some water. Then recheck your appetite. You might realize you are full or want only a small portion of seconds.

Put on your dancing (or walking) shoes. Dancing is a great way to work off some holiday calories. If you are at a family gathering, suggest a walk before the feast or even between dinner and dessert.

****Check out our new menu on West-Jefferson.k12.oh.us****