

# Elementary School November 2015

Kenai Peninsula Borough School District

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Until about 1,000 years ago, English-speaking people thought of the year in two parts -- the warm half and the cold half. The word "winter," is 5,000 years old, and "summer" is a pretty old word, too. The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that also entered English around 1400. "Fall" came into use as a complement to "spring" in the 17th century -- just as North America was being settled by the British. The English-speaking people in England mostly stuck with "autumn" while their distant cousins preferred "fall." And that's why, to this day, this is the only season we have two words for!

## NUTRITION TO GO

**Occasional fast food meals don't have to be unhealthy. Choose the smallest burger instead of the biggest. Go for mustard rather than ketchup or mayo. Skip the gooey sauces and get lettuce, tomato, onion, and pickle instead. Look for grilled options instead of breaded and/or fried. And if you must have fries, savor a small order.**

A TASTY MORSEL FOR PARENTS

## Season's Gr(EAT)ings.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Monday, Nov. 2

BB-Q Pork Sandwich

Steamed Broccoli  
Diced Peaches  
100 % Juice  
Milk

Tuesday, Nov. 3

Popcorn Chicken

Sweet Potato KK  
Wedges  
Mixed Fruit  
Frozen Swirl Cup  
Milk

Wednesday, Nov. 4

Chalupa

Refried Beans  
Triple Berry Blend  
Baby Carrots w/  
Ranch  
100 % Juice  
Milk

Thursday, Nov. 5

Sloppy Joe  
Mini's

Edamame  
Mixed Fruit  
Applesauce Cups  
Milk

Friday, Nov. 6

Ocean Treasures

Corn  
Diced Pears  
100 % Juice  
Gold Fish Pretzel  
Milk

Monday, Nov. 9

Chicken Drumies

Roll  
Corn  
Mixed Fruit  
100 % Juice  
Milk

Tuesday, Nov. 10

Fish Hoagie

KK Fries  
Baby Carrots w/  
Ranch  
Diced Peaches  
Milk

Wednesday, Nov. 11

Egg Roll w/Fried  
Rice

Fresh Broccoli  
Pineapple  
100 % Juice  
Milk

Thursday, Nov. 12

Beef N Bean Tacos

Refried Beans  
Corn  
Orange Wedges  
Milk

Friday, Nov. 13

Pizza

Spinach Salad  
Green Beans  
100 % Juice  
Milk



**Monday, Nov. 16**

Honey BB-Q  
Pork Nuggets  
with Rice

Steamed Broccoli  
Diced Peaches  
100 % Juice  
Milk

**Tuesday, Nov. 17**

Hamburger

Sweet Potato KK  
Wedge  
Mixed Fruit  
Frozen Fruit Berry  
Swirl  
Milk

**Wednesday, Nov. 18**

Cuban Pulled Pork  
Mini's

Tater tots  
Baby Carrots w/  
Ranch  
100 % Juice  
Milk

**Thursday, Nov. 19**

Bosco Cheese  
Stick w/ Dunker  
Sauce

Banana  
Diced Pears  
Romaine Salad  
Milk

**Friday, November 20**

Chicken Taquitos  
with Salsa

Jo-Jo Potato  
Strawberry Cups  
100 % Juice  
Milk



## Default fruit.

There's not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has "berry" right there in its name, so it's fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar -- a measly ¼ cup contains 6 teaspoons of sugar. That's an entire day's worth!



**TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!**

**Monday, Nov. 23**

Ravioli with Roll

Winter Mix  
Diced Pears  
Frozen Berry Fruit  
Cups  
Milk

**Tuesday, Nov. 24**

BB-Q Rib  
Sandwich

Baked Beans  
Applesauce Cups  
100 % Juice  
Milk

**Wednesday, Nov. 25**

Pizza

Sweet Potato KK  
Wedges  
Winter Mix  
Fresh Orange  
Wedges  
Milk



**Monday, Nov. 30**

BB-Q Rib  
Sandwich

Steamed Broccoli  
Diced Peaches  
100 % Juice  
Milk

# OUR NATION'S HISTORY

In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.

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