

November - School of Hope 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Roots Chicken Sandwich Lay's chips Corn/Fruit	2 Cheese Quesadilla Buttery Yellow Beans Salsa / Sour Cream Fruit
5 Hot Dog Mac & Cheese Green Beans Fruit	6 Chicken Drum Stick Waffle Cinnamon Carrots Fruit Syrup Cup	7 Hot Ham & Cheese Pretzels Fruit Slushy	8 Chicken Nuggets Ranch Wedges Dinner Roll Corn/ Cookie	9 Cheeseburger Lay's Chips Tomato/Onion/Pickle Fruit
12 NO SCHOOL VETEREANS DAY	13 Walking Taco Salsa Sour Cream Fruit	14 Pulled Pork Sandwich Tater Tots Fruit	15 Cheeseburger Red Roasted Potatoes Fruit/Cookie	16 Sub Bar Vegetable Toppings Fruit
19 Hot Dog Potato Smiles Green Beans Fruit	20 Chicken Tenders Dinner Roll Steamed Corn Fruit	21 NO SCHOOL TEACHERS RECORDS DAY	22 NO SCHOOL THANKSGIVING VACATION	23 NO SCHOOL THANKSGIVING VACATION
26 Spaghetti Breadstick Broccoli Fruit	27 Nachos & Beef Cheese Sauce Tortilla Chips Sour Cream/Salsa	28 Crispy Wings Tater Babies Celery/Ranch Dinner Roll	29 Chicken Tenders Tater Tots Dinner Roll Cookie	30 Cheeseburger French Fries Baked Beans Fruit

**** Milk is Included in all Lunches**
Students under 13 \$2.45
Students 13 and Older \$2.70
Extra Milk -\$.35

HAPPY THANKSGIVING

PICTURE RE-TAKES NOVEMBER 29

NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH:

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although you may be at risk for type 2 diabetes if you:

- ⇒ Are Overweight
- ⇒ Exercise less than 3 times a week
- ⇒ Are over 45 years old
- ⇒ Have high blood pressure or high cholesterol
- ⇒ Have a parent, brother, or sister with diabetes

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes. Some diabetes symptoms include: Frequent urination, Excessive thirst, Extreme hunger, Unusual weight loss, Increased fatigue, Irritability, Blurry vision. If you have one or more of these diabetes symptoms, see your doctor right away.

THERE ARE THINGS YOU CAN DO TO HELP PREVENT TYPE 2 DIABETES:



- ⇒ Think before you eat.
- ⇒ Eat Less.
- ⇒ Eat more slowly.
- ⇒ Watch how much fat you eat.
- ⇒ Cut the sugar.
- ⇒ Work to make your life more active.
- ⇒ Control your blood pressure and cholesterol
- ⇒ Save special foods for special times.

TIPS TO HELP PREVENT HOLIDAY MELT-DOWNS IN YOUR CHILD - AVOID OVER SCHEDULING AND ALLOW FOR SOME DOWN TIME.

It is tempting to cram every festive activity into your schedule. With so many cute holiday-themed activities, it is hard to decide which ones to let go. Unfortunately some kids can't handle the pace and stimulation this might bring. This could be a quick trigger for holiday meltdowns. Be aware of your child's limits. If your child gets tired and overwhelmed after activities, be sure to arrange for some down time at home after a fun event (That is of course unless you just love holiday meltdowns).

HOLIDAYS WITH KIDS ARE FULL OF TREATS. KEEP AN EYE ON YOUR CHILDREN'S SUGAR INTAKE.

Most people gain weight during the holidays. It seems like no matter where you turn, a cute holiday treat is being shoved (albeit by your own hands) into your mouth. Your kids are stuffing their faces too! Each child handles sugar overload in different ways so know how sugar alters your child's mood and behavior. Some children get more emotional, hyper and quick to anger when on sugar overload. A recipe for a delicious disaster (and a guarantee for holiday meltdowns)!

HAVE SOMETHING YOUR CHILDREN CAN LOOK FORWARD TO AFTER THE HOLIDAYS.

The holiday season is like a huge wave that is building momentum from Halloween to New Years Day and then crashes January 1st. You have one more week off with the kids and all the holiday fun is over. This can cause holiday withdrawals for not only you, but for your kids. Having something fun planned for after the holidays can help with the anticlimax of the season's end. Have a special get together, hike or outing for the week after Christmas. This will help with the holiday detox process and give the kids something to look forward to.

AVOID HOLIDAY WEIGHT GAIN

If you're trying to reach your feel great weight, Thanksgiving can be a very stressful holiday. With so much delicious food tempting you, it's difficult to keep your healthy habits in check. Who doesn't pile their plate high at Thanksgiving dinner?



If you're anything like me, however, too much splurging on Thanksgiving often sets off a domino effect for the rest of the holiday season. Instead of embarking on a six-week food fest, take control of the day and jump-start your motivation for a healthy and active holiday season—one where you lose weight, not gain!

**THE HOLIDAYS ARE A GOOD TIME TO BECOME A FOOD SNOB:
IF YOU DON'T LOVE IT . . . DON'T EAT IT!**