



KID'S KORNER

Seminole I.S.D. Food Service

Thanksgiving - A Time of Thanks

This is the time of year we think about what we are thankful for...and we are thankful for the opportunity to nourish your child each week! We know you put a lot of trust into our nutrition staff; and we take that seriously. Each month, our team works together to assemble a menu that appeals to both students and their parents. That means incorporating healthy options into familiar school favorites. Together, we are building healthier bodies and brains...thanks for letting us help!

Happy Harvest!

The traditional Thanksgiving meal can teach us a lot about how we should be eating - with lean protein at the center, surrounded by colorful, nutritious sides, shared together with family. If only every meal could be like that! But with busy family schedules, focused meals can be a challenge....so, let's all take some tips from Thanksgiving. In the coming months, try to stretch out the celebration by serving healthier food and taking more time to be together!

Swap a Side

While a holiday meal can have healthy, colorful options, it can also feature a lot of fat! Here are some quick tips to keep your Thanksgiving meal delicious, but a little lighter:

- Skip the cheese plate and serve a salad to start instead.
- Offer sauces on the side so guests can make the choice.
- Stick to one dessert, but pair it with fruit for a healthier sweet treat!

Check out this Month's menu: <http://seminoleisd.nutrislice.com/menu/>

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