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**NOVEMBER 2016**

Saying Thanks

This is the time of year we think about what we’re thankful for… and we’re 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’re building healthier bodies and brains… thanks for letting us help!

If you appreciate the work we do, will you take a moment to share? You can say “THANK YOU” by nominating a **School Meal Hero** online at <https://www.rethinkschoolmeals.com/nominate>.

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!

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We’re rethinking school meals!

Join us as we celebrate the good   
work in schools across the country.

**www.rethinkschoolmeals.com**