

A.M.E. Lunch Menus

November 2020

Nutrition Byte

Make Better Beverage Choices

What you drink is as important as what you eat. Tips for better beverage choices:

- Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar which provides more calories than needed.
- Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs during the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.
- Save money by drinking tap water.
- Drink water with and between meals which can help you manage calories.
- Reusable bottles can help you have water on the go.
- Make water, lowfat or fat free milk, or 100% juice an easy option. When you choose milk or milk alternatives, select lowfat or fat free milk or fortified soymilk. Older kids, teens, and adults need 3 cups of milk per day, while kids 4-8 years old need 2½ cups and kids 2-3 years old need 2 cups. Depending on age, children can drink ½-1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice each day.

Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
	Chicken Corn Dog Bites Veggie and Fruit of the day	Bean & Cheese Burrito Veggie and Fruit of the day	Flame-Broiled Beef Cheeseburger Veggie and Fruit of the day	Crispy Chicken Sandwich Veggie and Fruit of the day
Monday, November 9	Tuesday, November 10	Wednesday, November 11	Thursday, November 12	Friday, November 13
	Chicken Enchiladas Veggie and Fruit of the day	Veterans Day All Excelsior Campuses and Offices will be closed	Shredded BBQ Chicken Plate with Tanga Beans and Biscuit Veggie and Fruit of the day	Pizza Panada Pie Veggie and Fruit of the day
Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
	Chicken Taco Trio with Carrot Rice Veggie and Fruit of the day	Pizza Please! Pizza Chef Kit Veggie and Fruit of the day	Flame-Broiled Beef Cheeseburger Veggie and Fruit of the day	Pancakes & Cheesy Omelet Veggie and Fruit of the day
Monday, November 23	Tuesday, November 24	Wednesday, November 25	Thursday, November 26	Friday, November 27
	Thanksgiving Break All Excelsior Campuses and Offices will be closed	Thanksgiving Break All Excelsior Campuses and Offices will be closed	Thanksgiving Break All Excelsior Campuses and Offices will be closed	Thanksgiving Break All Excelsior Campuses and Offices will be closed
Monday, November 30				