

Fuel Up to Play 60

Many health and nutrition organizations support Fuel Up to Play 60, a partnership between the NFL and National Dairy Council. This program has an expected impact on 60,000 schools and 36.6 million students. It empowers youth to make changes at school that will help them “fuel up” with nutrient-rich foods that are missing from their diets, such as low-fat and fat-free milk and milk products, fruits, vegetables and whole grains and to “get active and play” for at least 60 minutes daily.

How do you as a parent “Fuel Up to Play 60”?

Get involved in increasing the activity level of the student’s in your community. Becoming a role model and champion for healthy kids and a healthy school.

Fuel Up to Play 60 encourages students to work collaboratively with adult Program Advisors to implement school-wide healthy eating and physical activity Plays.

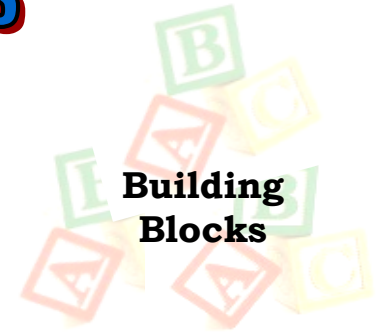
Participate in challenges with your student but keep in mind it is the goal of the program for kids to initiate the change for themselves and their school environment.


Get involved in Fuel Up to Play 60, by downloading a letter with instructions for how to help get your school involved.

November

- American Diabetes Month
- National Hunger and Homelessness Awareness week 11/12 thru 11/20

Charlotte Mecklenburg Schools Pre-K Menu November 2011



Tuesday, November 1	Wednesday, November 2	Thursday, November 3	Friday, November 4
*Cereal and Grahams ***** *Hot Flatbread Sandwich Fresh Glazed Carobites Pineapple Tidbits	Egg & Cheese English Muffin ***** Mandarin Chicken and Broccoli over Rice (Grain Roll) Tossed Salad Banana	*Blueberry Muffin & String Cheese ***** *Cheese Stuffed Sticks w/ Spaghetti Sauce California Mixed Vegetables Fresh Orange	*Cereal & Grahams ***** Nachos with Meat and Cheese Pinto Beans Fruit Cocktail
Monday, November 7	Tuesday, November 8	Wednesday, November 9	Thursday, November 10
Breakfast Sausage Bagel ***** Sweet & Sour Meatballs over Rice (Grain Roll) Asian Stir Fry Vegetables Banana	*Cereal & Grahams ***** *Macaroni and Cheese (Sweet Potato Muffin) Green Beans Applesauce	Sausage Biscuit ***** Roasted BBQ Chicken (Grain Roll) Potato Roasters Congealed Peaches	Cheese and Egg Biscuit ***** Hamburger/ Cheeseburger Broccoli & Cheese Raisins
Friday, November 11	 Happy Veterans Day November 11, 2011		
<h2>Holiday</h2>			

It's not just holiday leftovers.....

Turkey Enchiladas

Makes 6 servings

Serving size: 1 enchilada

Ingredients

- Cooking spray (or vegetable oil)
- 1/2 cup chopped onion
- 1/4 cup all-purpose flour
- 3/4 teaspoon ground coriander
- Dash of black pepper
- 2 1/2 cups low sodium chicken broth
- 1 cup (4 oz) shredded cheddar cheese
- 1 cup fat free sour cream
- 3 cups chopped cooked turkey (1 1/2 lb)
- 1/4 cup bottled salsa
- 6 (6-inch) flour tortillas

Directions


1. Preheat oven to 350° F. Lightly coat a medium saucepan with cooking spray.
2. Place the pan over medium heat. Add the chopped onion. Sauté about 3 minutes.
3. Combine flour, coriander, and black pepper in a medium bowl. Slowly add the broth, stirring with a whisk. Stir until well blended.
4. Add the broth mixture to the pan and bring it to a boil. Cook 3 minutes, or until thick, stirring often. Remove the pan from heat. Then, stir in cheese and sour cream.
5. Combine 1 cup of the cheese mixture with the turkey and salsa in a bowl.
6. Spread 1/2 cup of the turkey mixture down center of each tortilla, then roll up. Place in a 13 x 9 inch baking dish coated with cooking spray. Pour remaining cheese mixture over tortillas. Bake 20 minutes, or until bubbly.



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Sources: www.letsmove.gov, www.myrecipes.com

<p>Monday, November 14</p> <p>Chicken Biscuit *****</p> <p>*Cheese Pizza</p> <p>Cabbage with Shredded Carrots</p> <p>Strawberry Applesauce</p>	<p>Tuesday, November 15</p> <p>*Cereal & Grahams *****</p> <p>Chicken Pattie on a Bun</p> <p>Fresh Glazed Carobites</p> <p>Pineapple Tidbits</p>	<p>Wednesday, November 16</p> <p>Egg & Cheese English Muffins *****</p> <p>*Holiday Meal* Sliced Turkey w/ Gravy and Cornbread Dressing (Grain Roll)</p> <p>Green Beans</p> <p>Strawberry Cups</p>	<p>Thursday, November 17</p> <p>*Apple Cinn. Muffin Top and String Cheese *****</p> <p>Beef Soft Taco</p> <p>Tossed Salad</p> <p>Congeaed Peaches</p>	<p>Friday, November 18</p> <p>*Cereal & Grahams *****</p> <p>Fish on a Bun</p> <p>Broccoli & Cheese</p> <p>Fruit Cocktail</p>
<p>Monday, November 21</p> <p>Breakfast Sausage Bagel *****</p> <p>BBQ on a Bun</p> <p>Sweet Potatoes</p> <p>Diced Pears</p>	<p>Tuesday, November 22</p> <p>*Cereal & Grahams *****</p> <p>Chicken Nuggets (Grain Roll)</p> <p>Mashed Potatoes</p> <p>Peach Parfait</p>	<p>Wednesday, November 23</p> <p>Holiday</p> 	<p>Thursday, November 24</p> <p>Holiday</p> <p>Thanksgiving Day</p>	<p>Friday, November 25</p> <p>Holiday</p> 
<p>Monday, November 28</p> <p>Chicken Biscuit *****</p> <p>Meatballs & Gravy over Rice (Grain Roll)</p> <p>Corn</p> <p>Strawberry Applesauce</p>	<p>Tuesday, November 29</p> <p>*Cereal & Grahams *****</p> <p>Spaghetti Bake (Grain Roll)</p> <p>Fresh Glazed Carobites</p> <p>Pineapple Tidbits</p>	<p>Wednesday, November 30</p> <p>Egg & Cheese English Muffin *****</p> <p>Mandarin Chicken & Broccoli over Rice (Grain Roll)</p> <p>Tossed Salad</p> <p>Peach Parfait</p>	<p style="text-align: center;">School Information:</p> <p>Pre-K Breakfast for 2011-2012 is \$1.00 Pre-K Lunch for 2011-2012 is \$1.80 * Vegetarian Entrée *Yogurt, String Cheese & Granola offered everyday</p> <ul style="list-style-type: none"> • Make meal payments and monitor your child's purchases at www.pavpams.com • Child Nutrition, A Recipe for Excellence (980)343-6041 • Parents are responsible for payment of meals charged to student accounts 	