

## Families Making the Connection

### *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 children 2-3 years old need 2 cups. Depending on age, kids can drink ½-1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice each day.

Find more at <http://choosemyplate.gov>.

## Menus for November 2020

Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
Sloppy Joe's Fresh Fruit/Veggie Milk	Hard Shell Tacos Fresh Fruit/Veggie Milk	Chicken Patty Sandwich Milk Fresh Fruit/Veggie	Tuna Sub/PBJ Sun Chip Fresh Fruit/Veggie Milk	Chili Bowl Milk Fresh Fruit/Veggie
Monday, November 9	Tuesday, November 10	Wednesday, November 11	Thursday, November 12	Friday, November 13
Spaghetti with Meat Sauce or Marinara Fresh Fruit/Veggie Milk	Nada Taco Milk Fresh Fruit/Veggie	No school	Meat Loaf Brown Rice Milk Fresh Fruit/Veggie	Coin Pizza Milk Fresh Fruit/Veggie
Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
No School	Hard Shell Tacos Fresh Fruit/Veggie Milk	Chili Bowl Milk Fresh Fruit/Veggie	Chicken Patty Sandwich Milk Fresh Fruit/Veggie	French Bread Pizza Milk Fresh Fruit/Veggie
Monday, November 23	Tuesday, November 24	Wednesday, November 25	Thursday, November 26	Friday, November 27
No School	No School	No School	No School	No School
Monday, November 30				
Chicken Patty Sandwich Milk Fresh Fruit/Veggie				

Inland Leaders Charter Schools