

What's on YOUR Plate?



Say goodbye to the Pyramid and hello to the Plate!

There's a new, easy-to-understand graphic showing what a healthy American diet should look like.

Fill your plate with at least half fruits and vegetables, a little more than a quarter grains (mostly whole grains), and a little less than a quarter lean protein foods, with a little dairy on the side.

Try to follow these general guidelines, too:

- ▶ Enjoy what you eat, but eat less of it!
- ▶ Avoid really big portions of food
- ▶ Eat whole grains as much as possible
- ▶ Drink milk that's fat-free or low-fat (1%)
- ▶ Choose foods with lower sodium numbers
- ▶ Drink water instead of soda or other sugary drinks

On future menus, look for lots of tips, puzzles, riddles, jokes, and examples that will help you make sense of the new MyPlate graphic!

Learn more at WWW.CHOOSEMYPLATE.GOV OR WWW.KIDHEALTH.ORG/KIDSTAYHEALTHYFOOD/PR/AMID.HTM#cat119

Monday, August 22

Breakfast
breakfast pizza
fruit
milk

Lunch
BBQ rib sandwich
sweet potato tots
green beans
fruit
milk

Tuesday, August 23

Breakfast
honey bun
fruit
milk

Lunch
cheeseburger
refried beans
corn
fruit
milk

Wednesday, August 24

Breakfast
waffle w/ syrup
fruit
Milk

Lunch
hot dog
french fries
baked beans
fruit
milk

Thursday, August 25

Breakfast
pancakes w/ syrup
fruit
milk

Lunch
popcorn Chicken
vegetables
fruit
milk

Friday, August 26

Breakfast
pork sausage
biscuit
fruit
milk

Lunch
cheese pizza
salad
carrot sticks
fruit
milk

Monday, August 29

Breakfast
breakfast pizza
fruit
milk

Lunch
corn dog
broccoli
carrot sticks
yogurt w/ graham crackers
milk

Tuesday, August 30

Breakfast
honey bun
fruit
milk

Lunch
ham & cheese sub.
mashed potatoes
vegetables
fruit
milk

Wednesday, August 31

Breakfast
fruit & yogurt
smoothie
fruit
milk

Lunch
ham & veggie wrap
baked beans
vegetables
fruit
milk

Word of the Month
in·teg·ri·ty
noun 1. soundness of
and adherence to moral
principle and character
2. uprightness; honesty.

HERB/SPICE
Thyme

Herbs and spices are plants that are used to flavor food. Many cooks use thyme in meat dishes (especially lamb), soups, and stems. It will grow easily in any garden and return year after year. Thyme has such fantastic flavor that it is even used in mouthwash!

OF THE MONTH

I am the letter
S

SUN

OUR 50 STATES

UTAH
1896

"The Beehive State"
Admitted to the Union January 4, 1896 as the 45th State
State Capital: Salt Lake City