

Nutrition Byte

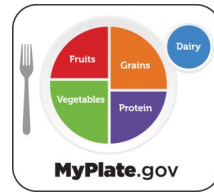
Vary Your Protein Routine

MyPlate helps you build a healthy plate. MyPlate includes five food groups. The protein group is purple. Some foods in this group are beef, poultry, pork, seafood, eggs, tofu, nuts, seeds and dried beans, peas and lentils. Did you know protein is an important building block for bones and muscles? Iron supplied by protein foods is used to carry oxygen in the blood.

Vary your protein routine. Use these tips to help:

- Choose lean cuts of meat and poultry. Trim any skin or fat you can see.
- Bake, broil, roast, poach, boil or grill meat, poultry or fish. Broil lean beef cuts like sirloin, top round, or flank steak. Roast pork tenderloin or loin chops and slice into strips for dinner, salads, and sandwiches.
- Have fish or seafood twice a week. Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen tilapia or salmon for dinner, or enjoy fish tacos.
- Meatless meals are tasty and budget friendly. Try bean-based vegetarian chili or lentil soup, grilled or braised tofu with vegetables, or nuts in salads.

Nutrilink: Learn more and find tips and resources to help from the Choose MyPlate website, <https://myplate.gov>.



Text FOODNC or COMIDA to 877-877 to find free, safe, nutritious meals for children near you.

Menus for July 2021 Menu subject to change due to food availability

			Thursday, July 1	Friday, July 2
			French Toast Bites Fruit Juice/Milk	Mini Pancakes Fruit Juice/Milk
			Chicken Quesadillas Refried Beans/Garnish Fruit/Milk	Bean & Rice Burrito Veggies/Fruit Milk
Monday, July 5	Tuesday, July 6	Wednesday, July 7	Thursday, July 8	Friday, July 9
Cereal Bar Oranges/Milk	Breakfast Bar Oranges/Milk	Yogurt Parfait Apple/Milk	Chocolate Muffins Fruit/Milk	Mini Cinnamon Rolls Fruit Juice/Milk
Strawberry PBJ Veggies/Chips Fruit/Milk	Chicken Tacos/Beans Spanish Rice /Garnish Fruit/Milk	Spaghetti/Salad Garlic Bread Fruit/Milk	Gr. Ch Cheese Burger Chips/Fruit/Milk	Meat & Bean Burrito Veggies/Fruit Milk
Monday, July 12	Tuesday, July 13	Wednesday, July 14	Thursday, July 15	Friday, July 16
Cereal Bar Fruit /Milk	Breakfast Pizza Fruit/Milk	Biscuit/Sausage Fruit Juice/Milk	French Toast Fruit Juice/Milk	Apple Fritter Fruit Juice/Milk
Grape PBJ Veggies/Chips Fruit/Milk	Chicken Nuggets/FF Gravy/Mixed Veg Fruit/Milk	Frito Pie Garnish/Fruit/Milk	Tortilla Burger Garnish/Chips Fruit/Milk	Meat & Potato Burrito Veggies/Fruit Milk
Monday, July 19	Tuesday, July 20	Wednesday, July 21	Thursday, July 22	Friday, July 23
Cereal Bar Fruit/Milk	Breakfast Cookie Fruit/Milk	Breakfast Bar Fruit/Milk	Bagel & Cream Cheese Fruit/Milk	Mini Waffles Fruit Juice/Milk
Grilled Cheese Veggies/Chips Fruit/Milk	Steak Fingers/ Mashed Potatoes/Gravy/Veggie Fruit/Milk	Peperoni Pizza Broccoli/ Fruit/ Milk	Barbeque Sandwich Corn on Cob Fruit/Milk	Beans & Rice Burrito Veggies/Fruit Milk
Monday, July 26	Tuesday, July 27	Wednesday, July 28	Thursday, July 29	Friday, July 30
Cereal Bar Fruit /Milk	Breakfast Sandwich Fruit/Milk	Tortilla/Hash brown & Sausage /Fruit/Milk	Banana Muffins Fruit/Milk	Mini Pancakes Fruit Juice/Milk
Strawberry PBJ Veggies/Chips Fruit/Milk	Chicken Fajita's/Beans Spanish Rice /Garnish Fruit/Milk	Gr. Ch Cheese Burger FF/Fruit/Milk	Turkey and Cheese Sub Chips/Fruit/Milk	Meat & Bean Burrito Veggies/Fruit Milk

Estancia Municipal Schools



In accordance with Federal Law and USDA policy, these programs are prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, 1400 Independence Avenue, SW., Washington, D.C. 20250-9410