

Food Bytes

Dietary Guidelines

Did you know the Dietary Guidelines for Americans are published every 5 years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture? Key elements of the current version of the Dietary Guidelines are:

- 1. Follow a healthy eating pattern.** All food and beverage choices matter. Opt for a eating pattern at a calorie level to help you achieve and maintain a healthy body weight, get the nutrients you need, and reduce your risk for obesity, heart disease, diabetes and cancer.
- 2. Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, eat a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3. Limit calories from added sugars and saturated fats.** Reduce sodium (salt).
- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
- 5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns from home to school to work to communities.
<http://health.gov/dietaryguidelines>

Lunch Menu for December 2017

Basilica School of Saint Paul

				Friday, December 1
				
Monday, December 4	Tuesday, December 5	Wednesday, December 6	Thursday, December 7	Friday, December 8
	Beef A Roni Fruit Juice Sliced Bread	Alfredo and Mushroom Pasta 100% Fruit Juice Sliced Bread	Pepperoni Pizza Orange Slices Celery Stick w/ Ranch Dressing	Cheese Pizza Fresh Salad 100 %Fruit Juice
Monday, December 11	Tuesday, December 12	Wednesday, December 13	Thursday, December 14	Friday, December 15
Cheese Burger Salad w/ Dressing Apple Slices	Spaghetti w/ Pasta Sauce String Cheese Sliced Bread Pineapple Tidbits	Chicken And Rice Green Beans	Hot Dogs Corn	Cheese Pizza Fresh Salad Fruit Juice
Monday, December 18	Tuesday, December 19	Wednesday, December 20	Thursday, December 21	Friday, December 22
Large Mac N Cheese Orange Slices 100% Fruit Juice	Beef Steak w. Gravy Rice Mixed Vegetables Mixed Tropical Fruit	Louisiana Style Rice Green Beans 100% Fruit Juice	Cheese Pizza Celery Mixed Fruit Ice Cream	Winter Break
Monday, December 25	Tuesday, December 26	Wednesday, December 27	Thursday, December 28	Friday, December 29
Winter Break Merry Christmas	Winter Break	Winter Break	Winter Break	Winter Break

December

- Pear Month
- Tropical Fruits Month

Source: www.fns.usda.gov



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