



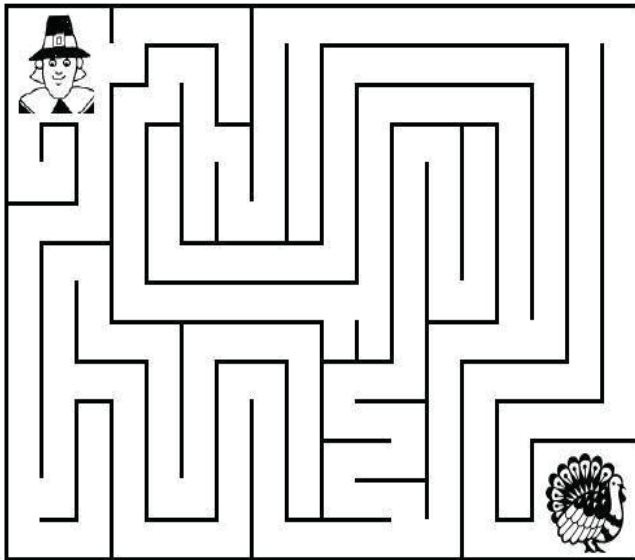
Preferred Meal Systems, Inc.

# THE PREFERRED WORD

November 2011

## THANKSGIVING MAZE!

Help the Pilgrim find the Turkey!



### DATES TO REMEMBER

November 6th - Day Light Savings Time Ends

November 11th - Veterans Day

November 20th - Universal Children's Day

November 24th - Thanksgiving Day



## Rock Star News

### VETERANS DAY!

What is Veterans Day & Why Do We Celebrate It?

Veterans Day is a federal holiday that honors veterans who have served in our armed forces. Veterans Day is also the anniversary of the signing of the Armistice that ended World War I. This holiday is sometimes called Remembrance Day or Armistice Day and is celebrated on November 11th every year. Some other facts about Veterans Day include:

- The Armistice was signed during the 11th hour of the 11th day of the 11th Month which was November 11, 1918.
- The original idea for the holiday was for a day to be observed with parades, public meetings and a brief suspension of business beginning at 11:00 a.m.
- On June 4th, 1926, Congress passed a resolution for an annual national observance.
- On May 13th, 1938, Veterans Day became a national holiday.
- President Dwight D. Eisenhower signed legislation on November 8th, 1954 to change the name from Armistice Day to Veterans Day in order to honor the veterans of all American wars.



- Prepay for meals online! Monitor what your child is eating at [mealpayplus.com](http://mealpayplus.com).

- Complete the Application for Free & Reduced Priced Meals Online at: <https://schoolmealapp.sfusd.edu/>. If completed online, you do not need to submit a paper application!



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# ROCK & ROLL HALL OF FAME

## JUSTIN TIMBERLAKE

Justin Timberlake has been active in many charitable organizations since the beginning of his career. Over the years, Justin has earned millions of dollars for various organizations around the world. Some of his charitable contributions have included:



- Challenge for the Children which is aimed at funding money for a range of charities
- The creation of the Justin Timberlake Foundation which raises money for music education in schools.
- A donation of \$100,000 to Wildlife Warriors Organization.
- A donation of \$100,000 to the Memphis Rock 'n' Soul Museum in Memphis.
- A donation of \$100,000 to the Memphis Music Foundation.
- In 2009, Justin raised an amazing 9 million dollars for the Shriners' Hospital through the golf tournament he hosts every year.

In a statement issued to People.com, Justin says, "I was inspired at a young age by my parents and family to do everything possible to give back to the world around us and it has become a mission of mine to help kids of all ages understand the importance of getting involved in their communities and local charities and doing their part to preserve the planet." Like Justin, you should find local charities who are doing amazing things in your area and try to get involved! Every little bit helps!



Thinktrition™ 

### DIETARY FATS:

KNOW WHICH ONES TO CHOOSE!

Most foods contain several different kinds of fat, and some are better for your health than others. You don't need to completely eliminate all fat from your diet. In fact, some fats actually help promote good health. But it's wise to choose the healthier types of dietary fat, and then enjoy them in moderation. Some types of fats you may be familiar with include:



#### Bad Types of Fat:

- Saturated Fat - This is a type of fat that comes mainly from animal sources of food.
- Trans Fat - This type of fat occurs naturally in some foods, especially foods from animals.

#### Healthier Types of Fat:

- Monounsaturated Fat - This is a type of fat found in a variety of foods and oils.
- Polyunsaturated Fat - This is a type of fat found mostly in plant-based foods and oils.

Be sure to get your parents involved if you believe you are consuming too much fat. Have them check food labels with you to ensure you are eating a balanced diet!

## HARVEST OF THE MONTH!



### Green Beans!



- A half cup of cooked green beans provides a good source of vitamin C and vitamin K.
- Green beans are nitrogen fixer, which means they have the ability to draw nitrogen from the air and return it to the soil. Nitrogen is essential for healthy soil and plants.
- The common bean was cultivated in ancient Meso-america as early as 8,000 years ago. Beans were even found in the mummy covering of a woman in a Peruvian cemetery dating back to pre-Inca civilization.

For more information about Green beans and/or the Nutrition Education Project, visit [www.healthiersf.org](http://www.healthiersf.org) and

CLICK on the icon:

