



When children eat school lunch, they are more likely to consume milk, meats, grains and vegetables compared to students who don't, including students who bring lunch from home. They also have higher nutrient intakes – both at lunch and over the course of an entire day. Cost-wise, school lunch is at a great value as a typical school lunch contains an entree, two servings of fruits and vegetables, a grain item and milk. From children to parents to teachers, everyone benefits when kids eat school lunch!

<http://www.nutritionexplorations.org/parents/school-lunch.asp>

The White Oak Annual Thanksgiving Pie Sale is underway! We are now taking orders for pumpkin and Amish sugar creme pies, to be picked up on Tuesday, November 24th, and Wednesday, November 25th. Pies are \$10.00 each and can be paid for at order or pickup. Please place all orders by November 9th.

Let us cater your next in-class party! We'll deliver cupcakes, ice cream, warm cookies, or even set up a pizza party. Please make arrangements with your child's teacher in advance and we'll do the rest.

Did You Know?

"Food is often used to remove stress, yet more often, it creates it." A little pre-holiday nutritional training can help reduce the guilt that these indulgent holidays can bring. Obviously, we'll feast occasionally at this time of year but anticipating this and eating nutritiously in between, we can promote a stress free diet routine.

1. To keep serotonin at an even keel, eat colorful, Vitamin rich foods; dark reds, oranges, and greens.
2. Make sure you get adequate protein.
3. Stick with whole grains.
4. Keep water at hand and drink plenty of it.

Upcoming Events:

November 20 - Birthday Party!

November 24 & 25 - Thanksgiving Pie Pick-up

November 25 - Early Release

November 26 - Thanksgiving

December 8 - "Breakfast with the Reindeer!"

This is an invitation for all parents and families to enjoy a festive breakfast at school with your child. Complimentary coffee, tea, and hot cocoa station is available to adults.

December 11 - Birthday Party!

December 18 - Early Release for Christmas break