

## **Go Lean with Protein**

### **Tips on making lean choices:**

\*The leanest beef cuts include round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.

\*The leanest pork choices include pork loin, tenderloin, and center loin.

\*Choose extra lean ground beef. The label should say at least "90% lean".

You may be able to find ground beef that is 93% or 95% lean.

\*Buy skinless chicken parts or take off the skin before cooking.

\*Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices.

\*Choose oven roasted turkey or roast beef sandwiches instead of luncheon meats that are higher in fat and sodium

\*Choose dry beans or peas as a main dish or part of a meal.

### **Some choices are:**

Chili with kidney or pinto beans

Stir- fried tofu

Split Pea, lentil, minestrone, or white bean soups

Baked beans

Black bean enchiladas

Is morning at your house one hurried hassle after another? If one important element of a busy morning was made convenient and easy for you would you take advantage of it? If it helped your child's grades, would it be worthwhile?

Gobles Public Schools is committed to each child's academic success by ensuring that all students have access to begin the day with a healthy breakfast. Extensive studies show that students who eat a morning meal earn higher test scores, are more attentive in class and have fewer hunger-related disruptive behaviors.

Breakfast at School is also an excellent value - \$1.00 for full pay students, \$0.30 for reduced students and no charge for free students.