

September 2018

Routines for healthy eating

Starting a new school year off right includes setting up solid routines for eating well. Help your youngster map out a good strategy for each part of her day.

Jump-start the morning

A healthy breakfast prepares your child for a full day of learning. Consider letting her eat breakfast in the school cafeteria. She'll save time and get a balanced meal with whole grains, protein, low-fat dairy, and fruit. *Idea:* Have her make a "breakfast tracker" chart. Every day, she could draw a different-colored star for each food group she ate from.

Boost afternoon energy

Your youngster will want a snack to tide her over until dinnertime—make sure it's a nutritious one! She might pack whole-wheat crackers, hummus, and grapes to munch on at after-school care. Or if she comes right home after school, she could eat half of a turkey and tomato sandwich with a glass of milk before she tackles homework.

Fuel up at dinner

Try to eat dinner together, even on busy evenings. Fitting dinner prep into your morning routine is one way to make this happen. For example, put chili ingredients into a slow cooker. Another idea is to prepare the night before, perhaps marinating chicken and cutting up vegetables.





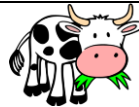
Nutrition Nuggets September 2018

September 26 is World School Milk Day



More than 40 countries celebrate World School Milk Day.

Dairy products are loaded with essential vitamins and minerals, including carbohydrates, protein, calcium, phosphorus, potassium, vitamins A, D, B12, riboflavin and niacin. Just one 8-ounce serving of milk has 8 grams of protein which builds and repairs muscle tissue. Great for athletes.

MON	TUE	WED	THU	FRI
<p><i>Eat at school</i> Breakfast and Lunch - "no charge" to student.</p> 	<p>Milk choices available daily.</p> <p>Chef Salad served daily.</p>	 <p>BLAZERS</p> <p>All menus are subject to change.</p>		 <p>Encourage Healthy Food Choices National Childhood Obesity Awareness Month</p>
<p>3</p> <p>Labor Day</p> 	<p>4</p> <p>Ravioli w/Sauce Baked Beans Sweet Potato Tots Fresh Fruit</p>	<p>5</p> <p>Hamburger Italian Flat Beans Romaine Salad w/grape tomatoes Fresh Fruit</p>	<p>6</p> <p>Chicken Sandwich Romaine Salad w/baby carrots Steamed Broccoli Fruit</p>	<p>7</p> <p>Pizza WK Corn Steamed Carrots Fresh Fruit SS Sugar Cookie</p>
<p>10</p> <p>Philly Steak/cheese Sweet potato fries Green Beans Fresh Fruit</p>	<p>11</p> <p>Baked Chicken w/cornbread Cream Potatoes Turnips/Mustard Fresh Fruit</p>	<p>12</p> <p>Beefy Mac English Peas Romaine Salad Steamed Carrots Fresh Fruit</p>	<p>13</p> <p>Turkey Salad Romaine/sliced tomato/pickle spear WK Corn Fresh Fruit</p>	<p>14</p> <p>Chili w/saltines Corn on the cob Baked Beans Fresh Fruit SS Double Fudge Cookie</p>
<p>17</p> <p>Chicken Tenders w/cornbread Steamed Cabbage Steamed Carrots Fresh Fruit</p>	<p>18</p> <p>Hamburger Steak w/roll Rice/Gravy Baby Carrots w/ranch Steamed Broccoli Fresh Fruit</p>	<p>19</p> <p>Tacos w/chips/cheese Romaine/tomato Refried Beans Fresh Fruit</p>	<p>20</p> <p>Fish Nuggets Grits Cole Slaw Baked Beans Fresh Fruit</p>	<p>21</p> <p>Pizza WK Corn Baby Carrots w/ranch Fresh Fruit SS Candy Chip Cookie</p>
<p>24</p> <p>Corndog Baked Beans Sweet Potato Tots Fresh Fruit</p>	<p>25</p> <p>Sloppy Joe on Bun Creamed Potatoes Black eyed peas Fresh Fruit</p>	<p>26</p>  <p>Roast w/roll/Rice/gravy Italian Flat Beans Romaine Salad w/grape tomatoes Fresh Fruit</p>	<p>27</p> <p>Chicken Sandwich Romaine/tomato slice Steamed Broccoli Fresh Fruit</p>	<p>28</p> <p>Fish Sandwich Romaine w/grape tomato Steamed Carrots Fresh Fruit SS Sugar Cookie</p>