








February 2018

Connecting over family meals

MON	TUE	WED	THU	FRI
 <p>HEALTHY EATING <i>Eat at School</i> Students - no charge Breakfast & Lunch</p>	<p>Chef Salads served daily.</p>  <p>Buns/rolls from Flowers Baking</p> <p>Hydroponics Romaine Lettuce purchased from MCHS FFA</p>		<p>1</p> <p>Chicken Sandwich Romaine Salad w/baby carrots Steamed Broccoli Fruit</p>	<p>2</p> <p>Fish Sandwich Romaine w/grape tomato Steamed Carrots Fruit SS Sugar Cookie</p>
<p>5</p> <p>Steak Nuggets w/roll Sweet potato fries Green Beans Fresh Fruit</p>	<p>6</p> <p>Hamburger Romaine/tomato slice Creamed Potatoes Fresh Fruit</p>	<p>7</p> <p>Hot Ham/Cheese Sand. English Peas Romaine Salad Fruit</p>	<p>8</p> <p>Turkey Salad Romaine/sliced tomato WK Corn Pickle Spear Fresh Fruit</p>	<p>9</p> <p>Hot Dog Corn on the cob Baked Beans Fresh Fruit SS Oatmeal Raisin</p>
<p>12</p> <p>Chicken Tenders w/cornbread Steamed Cabbage Steamed Carrots Fresh Fruit</p>	<p>13</p> <p>Hamburger Steak w/roll Rice/Gravy Squash/Onions Steamed Broccoli Fresh Fruit</p>	<p>14</p> <p>Tacos w/chips/cheese Romaine/tomato Refried Beans Fresh Fruit</p> 	<p>15</p> <p>BBQ on Bun Baked Beans Cole Slaw Fresh Fruit</p>	<p>16 <i>Early Release</i></p> <p>Chicken Fajita/tortilla WK Corn Romaine Salad w/grape tomatoes Fresh Fruit SS Candy Chip Cookie</p>
<p>19</p> 	<p>20</p> <p>HOLIDAY</p> 	<p>21</p> <p>Roast w/roll/Rice/gravy Italian Flat Beans Romaine Salad w/grape tomatoes Fruit</p>	<p>22</p> <p>Spaghetti Romaine Salad w/baby carrots Steamed Broccoli Fruit</p>	<p>23</p> <p>Pizza WK Corn Steamed Carrots Fruit SS Sugar Cookie</p>
<p>26</p> <p>Steak Nuggets w/roll Sweet potato fries Green Beans Fresh Fruit</p>	<p>27</p> <p>Baked Chicken w/cornbread Creamed Potatoes Turnips/Mustard Fresh Fruit</p>	<p>28</p> <p>Beefy Mac w/roll Romaine Salad Steamed Carrots Fruit</p>	 <p>BLAZERS</p>  <p>Milk choices available daily,</p>	<p>All menus are subject to change.</p>

Gathering for a meal is about more than just eating—it's also about connecting as a family. Research shows that families who share meals tend to eat healthier foods. Here are ways to encourage together time around the kitchen table.

Eat by candlelight

Eating slowly gives your child's brain time to tell her stomach it's full, reducing her chance of overeating. Try lighting candles to create a relaxed atmosphere—this can encourage everyone to slow down and savor the meal. Plus, your child will feel excited that dinnertime seems "fancy."

Create a conversation box

Everyone will look forward to meals with this idea. Together, think of questions like "If you could travel through time, what decade would you visit?" or "What would happen if kids and parents could trade places for a day?" Let your youngster write the conversation starters on slips of paper and put them in an empty box. During a meal, she can pull out a question to spark an interesting discussion.

Be flexible

Meals can be at different times of day or in different places. The key is to work with your family's schedule—and even add a touch of fun. One evening, you might eat on a picnic blanket on the living room floor. If everyone can't be home for dinner, have a family breakfast. On warmer days, eat on our patio or at a picnic table at the park.

"Nutrition Nuggets", February 2018