












March 2018

MON	TUE	WED	THU	FRI
 MARCH 5-9	 BLAZERS Milk choices available daily.	 HEALTHY EATING Chef Salads are served daily. All menus are subject to change.	1 Pizza Turkey Salad Romaine/sliced tomato Romaine Salad WK Corn Pickle Spear Fresh Fruit	2 Read Across America 'Lil Double Dog Chili w/saltines Corn on Cob Baked Beans Cole Slaw Fresh Fruit SS Choc Chip Cookie 
5 Chicken Tenders w/cornbread Steamed Cabbage Steamed Carrots Fresh Fruit	6 Sweet N Sour Chicken Hamburger Steak w/roll Rice/Gravy Squash/Onions Baby Carrots w/ranch Steamed Broccoli Fresh Fruit	7 Chicken Sandwich Tacos w/chips/cheese Romaine/tomato slice Refried Beans Green Beans Fresh Fruit	8 BBQ on Bun Shrimp poppers w/hushpuppies Baked Beans Cole Slaw Fresh Fruit	9 Chicken Fajita/tortilla Baby Carrots w/Ranch Romaine Salad w/grape tomatoes Fresh Fruit Cookie
12 Calzonettes w/sauce Baked Beans Sweet Potato Cole Slaw Fruit	13 Chicken Nuggets Romaine Salad w/baby carrots Creamed Potatoes Fruit	14  Hamburger Italian Flat Beans Romaine/Sliced tomato Fruit	15 Early Dismissal Chicken Sandwich Romaine/sliced tomato Steamed Broccoli Fruit	16 
19 	20 	21 	22 	23 
26 Chicken Tenders w/cornbread Steamed Cabbage Steamed Carrots Fresh Fruit	27 Sweet N Sour Chicken Hamburger Steak w/roll Rice/Gravy Squash/Onions Baby Carrots w/ranch Steamed Broccoli Fresh Fruit	28 Chicken Sandwich Tacos w/chips/cheese Romaine/tomato slice Refried Beans Green Beans Fresh Fruit	29 BBQ on Bun Fish Nuggets w/hushpuppies Grits Baked Beans Cole Slaw Fresh Fruit	30 Pizza Baby Carrots w/Ranch Romaine Salad w/grape tomatoes Fresh Fruit Peanut butter Cookie

This institution is an equal opportunity provider.

Just-right portions

A healthy lifestyle includes eating the right kinds of food—and the right amounts. To ensure your youngster doesn't develop a case of "portion distortion," try these tips.

Measure it out

Look at nutrition labels together at snack time. Ask your child to read the serving size (perhaps 20 mini-pretzels) and count out the amount. *Idea:* Combine math practice with nutrition by posing questions like, "If 1 serving has 110 mg of sodium, how much sodium is in 2 servings?" (*Answer:* 110 + 110 = 220 mg.) You can point out that sticking to 1 serving will help limit his salt intake.

Visualize sizes

Making a picture chart can teach your youngster to "eyeball" servings. First, he should list his favorite foods. Then, help him look up the serving sizes on food packages or online. Beside each food on his list, he could draw an object that's about the same size as 1 serving. *Examples:* a golf ball for 1/4 cup of raisins, a deck of cards for 3 oz. of chicken, a cupcake wrapper for 1 cup of yogurt.

Divide it up

Restaurant portions are often much bigger than standard servings. Your child might eat 1-2 cup of pasta at home, but a restaurant may dish up 2 cups. To control portions while dining out, you and your youngster could share an entree. Or package up half in a to-go box when your food arrives—you'll both eat less, and you'll have food for tomorrow!