



January 2018

Get healthier together!

MON	TUE	WED	THU	FRI
<p>1</p>	<p>2</p> <p><i>Ho l i d a y</i></p>	<p>3 Weather DAY</p> <p>No Students</p> <p>Tacos w/chips/cheese Romaine/tomato slice Refried Beans Fresh Fruit</p>	<p>4</p> <p>BBQ on Bun Baked Beans Cole Slaw Fresh Fruit</p>	<p>5</p> <p>Chicken Fajita/tortilla WK Corn Romaine Salad w/grape tomatoes Fresh Fruit SS Candy Chip Cookie</p>
<p>8</p> <p>Calzonettes w/sauce Baked Beans Sweet Potato Fruit</p>	<p>9</p> <p>Beef/Veggie Soup PBNJ Sand. Romaine/tomato Salad Creamed Potatoes Fruit</p>	<p>10</p> <p>Roast w/roll/Rice/gravy Italian Flat Beans Romaine Salad w/diced tomatoes Fruit</p>	<p>11</p> <p>Spaghetti Romaine Salad w/baby carrots Steamed Broccoli Fruit</p>	<p>12</p> <p>Pizza WK Corn Steamed Carrots Fruit SS Candy Chip Cookie</p>
<p>15</p>	<p>16</p> <p>Steak Nuggets w/roll Sweet potato fries Green Beans Fresh Fruit</p>	<p>17</p> <p>Beefy Mac w/roll English Peas Romaine Salad Fruit</p>	<p>18</p> <p>Pizza Romaine Salad WK Corn Fresh Fruit</p>	<p>19</p> <p>Chili w/saltines Baked Beans ColeSlaw / Fresh Fruit SS Choc Chip Cookie</p>
<p>22</p> <p>Chicken Tenders w/cornbread Steamed Cabbage Steamed Carrots Fresh Fruit</p>	<p>23</p> <p>Asian Orange Chicken Rice Baby Carrots w/ranch Steamed Broccoli Fresh Fruit</p>	<p>24</p> <p>Chicken Sandwich Romaine/tomato slice Green beans Fresh Fruit</p>	<p>25</p> <p>Shrimp Poppers w/hushpuppy Baked Beans Cole Slaw Fresh Fruit</p>	<p>26</p> <p>Pizza WK Corn Romaine Salad w/grape tomatoes Fresh Fruit SS Candy Chip Cookie</p>
<p>29</p> <p>Corndog Baked Beans Butternut squash chunks Cole Slaw Fruit</p>	<p>30</p> <p>Chicken Nuggets Romaine/tomato Salad Black eyed peas Fruit</p>	<p>31</p> <p>Hamburger Italian Flat Beans Romaine Salad w/diced tomatoes Fruit</p>	<p>BLAZERS Milk choices available daily, All menus are subject to change.</p>	<p>Chef Salads served daily.</p> <p>Buns/rolls from Flowers Baking</p> <p>Hydroponics Romaine Lettuce purchased from MCHS FFA</p>

Make eating better and getting fit a family affair this year. Being “in it together” can keep everyone motivated. Use these simple tips to get started.

Be a role model

Your youngster will copy your good *and* not-so-good behaviors. Telling him to eat an orange while you munch on potato chips sends a mixed message, as does using your tablet while encouraging him to go shoot baskets. A better approach? Ask him to help you cut apples for a snack, or suggest that you play basketball together.

Focus on variety

Instead of dieting or emphasizing foods to avoid, identify healthy foods to *add* to meals. Think: fresh fruits, crisp vegetables, beans and lentils, nuts, seeds, whole grains, and lean protein. This ensures you’re not limiting nutrients your growing child needs. It also pushes less-nutritious foods off your plates.

Increase physical activity

Brainstorm regular family fitness ideas with your youngster, then put them on the calendar. You might try nightly after-dinner walks or Saturday morning bike rides. Move more during everyday activities, too. Park farther from your destination, take the stairs rather than the elevator, or shovel snow together. Before you know it, being more active will become a household habit. “Nutrition Nuggets” January 2018