

# august

## ▶ Available Daily

### All Meals Served With:

Low Fat White Milk  
Or Non Fat Chocolate Milk  
And Fresh Fruit or Fruit Juice

## Breakfast Lunch

### Monday, August 12th

Cinnamon Toast      Red Beans and Rice  
Crunch Cereal      Steamed Broccoli, Cornbread  
Cheese String

### Tuesday, August 13th

Chicken and      Pizza Pasta, Steamed  
Maple Waffles      Corn, Green Beans

### Wednesday, August 14th

Blueberry Muffin      Chicken Tenders, Potato  
Wedges w/ Ketchup, Cookie

### Thursday, August 15th

Maple Pancake      Cheesy Pinwheel w/  
Chicken Sausage      Marinara Sauce, Green Beans  
Sandwich

### Friday, August 16th

Cinnamon Roll      Sloppy Joe Sandwich  
w/ Spread      Potato Wedges w/ Ketchup

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## Healthy Back to School Lunches

With school days approaching, its time to start thinking about what to pack in your child's lunch box. Shopping smart and trying out new lunch ideas can help your children get excited



about lunch time again. Check out these tips to make your child's school lunches nutritious and fun:

- 1) **Focus on Fruits and Vegetables::** Adding fruits and veggies to your child's lunch can seem like a daunting task. However, there are many fruit and veggie options that are grab and go or individually packaged. Some fruit and veggie ideas are packing a whole fruit, like a banana or halo, individually wrapped items, like applesauce or fruit cocktail, or grab and go veggies like, baby carrots or green pepper strips. For added flavor you can add a yogurt or low fat ranch dip.
- 2) **Add Flavor to your Fruit:** Making a fruit salad is a great way to spice up your fruit. Mix together apples, banana, pears, oranges, and pineapples. Add a sweet yogurt to the mix and this is a great after school snack.
- 3) **Remember Whole Grain:** Make sure to grab whole grains when it comes to your breads, pastas, and rice. Try choosing whole grain cereals instead of chips. However, if your child is a chip lover try choosing whole grain or baked chips.
- 4) **Choose 100% Juice :** Try and buy juices with little added sugars or sweeteners. Many juices only have about 10-20% juices and the rest is added sugar. Make sure to check the labels for juices that say 100% juice on the label.
- 5) **Remember your Calcium:** Make sure to add calcium to your child's lunch. The best ways to take in calcium are through milk, yogurt, sliced cheese, or fortified juices and cereals.



## Healthy Back to School Snacks

Making sure you snack on nutritious foods will help you feel full of energy and keep your mind alert for longer periods of time. A good snacking "Rule of Thumb" is to choose snacks that are 150-200 calories. Its best to limit foods with a lot of added sugars like candy or sodas. Here are some ways to make healthier snacking a part of your daily routine:



- ◆ Try to prepare healthy snacks in advance: Cutting up fresh fruit or portioning up a few bags of almonds or walnuts will cut the temptation to over eat when you are hungry and provide you with easy grab and go snacks.
- ◆ Make snacks fun: Choose items that may not typically go together to change up your snack ideas.
- ◆ Satisfy cravings with healthier approaches: If you crave certain food items, try substituting it with a healthier option. If you love ice cream, try nonfat yogurt or a smoothie to fill your craving.
- ◆ Knowing how to read serving size information: A nutrition label is key to knowing how many calories, carbohydrates, and fat you are taking in per serving.

Here are some snack ideas to help get you started:

- ◆ Whole Wheat Crackers and Peanut Butter
- ◆ Grapes and Low Fat Cheese Cubes
- ◆ Low Fat Yogurt and Mixed Berries
- ◆ A Handful of Walnuts or Almonds
- ◆ Mixed Fruit Cup
- ◆ Fresh Fruit Smoothie
- ◆ Carrot Sticks and Hummus

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## Making Physical Activity Fun!

Balancing healthy eating with physical activity is very important in keeping a healthy lifestyle. When kids exercise at least 60 minutes a day, they:

- ◆ Have stronger muscles and bones
- ◆ Have a leaner body with less body fat
- ◆ Are less likely to become overweight
- ◆ Decrease the risk of developing type 2 diabetes
- ◆ Sleep better
- ◆ Have a better outlook on life

Staying active also involves incorporating the three elements of fitness. They are:

- ◆ **Endurance:** Aerobic activities, like running, basketball, or swimming
- ◆ **Strength:** Like push ups or climbing
- ◆ **Flexibility:** Like stretching or doing cartwheels

## Breakfast Lunch

### Monday, August 19th

Cinnamon Toast	Lasagna, Seasoned
Crunch Cereal	Green Beans
Cheese String	

### Tuesday, August 20th

Egg and Cheese Muffin	BBQ Chicken Thigh, Mac and Cheese, Baked Beans
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### Wednesday, August 21st

Banana Muffin	Pepperoni Pizza Steamed Broccoli
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### Thursday, August 22nd

Breakfast Sausage Sandwich	Pork Sandwich, Tator Tots w/ Ketchup, Salad w/ Carrots
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### Friday, August 23rd

French Toast Sticks	Hamburger w/ Mayo, Mustard Potato Wedges w/ Ketchup
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## Breakfast Lunch

### Monday, August 26th

Cinnamon Toast	Red Beans & Rice
Crunch Cereal	Green Beans, Cornbread
Cheese String	

### Tuesday, August 27th

Chicken and Maple Waffles	Chicken Stewed Thigh w/ Gravy, Brown Rice Steamed Corn
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### Wednesday, August 28th

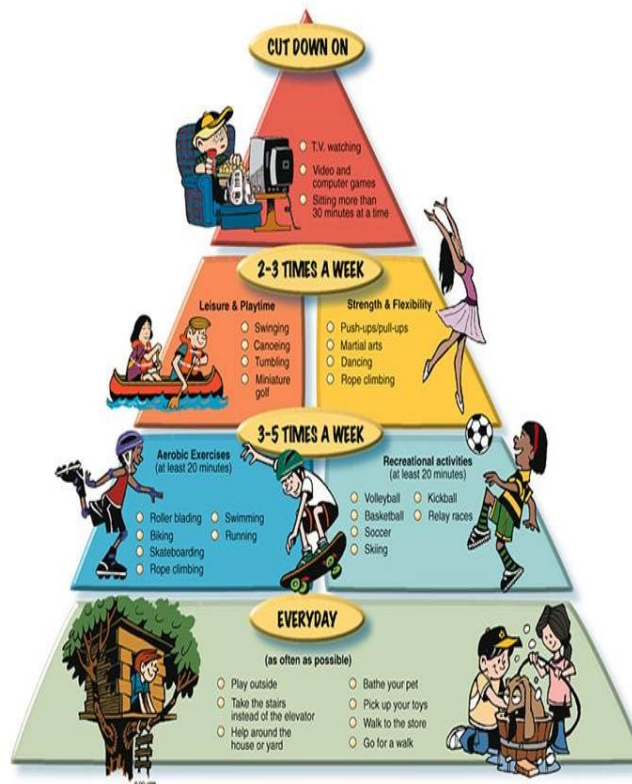
Banana Muffin	Chicken Tenders, Potato Wedges w/ Ketchup
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### Thursday, August 29th

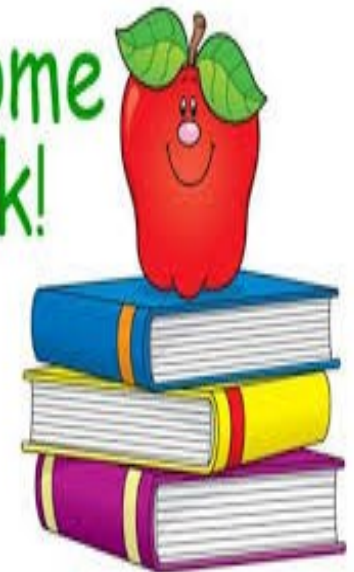
Maple Pancake	Spaghetti and Meatballs
Chicken Sausage Sandwich	Steamed Corn

### Friday, August 30th

Cinnamon Roll w/ Spread	Salisbury Steak w/ Onion Gravy, Potatoes Au Gratin WG Biscuit
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# Welcome Back!



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