

February

Breakfast Lunch

Wednesday, February 1st

Blueberry Pancakes	Chicken Tenders
Fresh Fruit or Fruit Juice	Salad w/ Carrots
	Oatmeal Raisin Cookie

Thursday, February 2nd

Scrambled Eggs	Turkey Tacos w/ Shredded Lettuce, Cheese, Pinto Beans, & Salsa
Biscuit w/ Butter	
Fresh Fruit or Fruit Juice	

Friday, February 3rd

Cinnamon Rolls w/ Icing	Fish Sticks
Fresh Fruit or Juice	Spanish Rice
	Green Beans

Second Meal Lunch Choices:

Monday: Chicken Tender Sandwich

Tuesday: Loaded Baked Potato & WW Biscuit w/ Butter

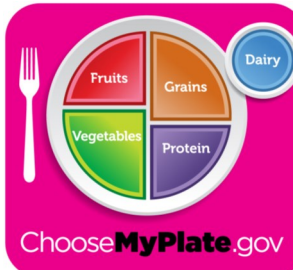
Wednesday: Meatball Marinara Sub

Thursday: Chicken Tender Ranch Wrap

Friday: Hot Dog w/ Chili

5 Tips to Kick Bad Eating Habits to the Curb

We all over indulge every now and then. But with the start of the new year, here are 5 tips to kick the bad eating habits to the curb.



- 1) Eat at least 2 hours after you wake up:** This provides your body with added fuel and helps kick start your metabolism. Be sure to include lean protein, whole grains, and fresh or frozen fruits and vegetables.
- 2) Limit your caffeine:** In taking too much caffeine can interfere with your work and sleep schedule and cause a big crash later on in the day. Limit to 3 cups or less of caffeine filled drinks per day.
- 3) Add variety to your diet:** Incorporate a rainbow of colors of fruits and vegetables into your daily routine. This will add important vitamins, minerals, and fiber into your diet.
- 4) Cook at home:** Cooking at home will allow you to be sure that you are eating a balanced meal and the correct portions sizes. Try to plan for your week ahead of time by cooking a batch of food on the weekend and then dividing it up between your lunch and supper meals.



Breakfast Lunch

Monday, February 6th

Granola Bar	Red Beans & Rice
Cheese String	Collard Greens
Fresh Fruit or Juice	Cornbread

Tuesday, February 7th

Grits w/ Butter	Lasagna, Steamed
Turkey Sausage Patty	Corn, Green Beans
Fresh Fruit or Juice	Dinner Roll

Wednesday, February 8th

Maple Waffle	Jambalaya, Steamed
Fresh Fruit or Fruit Juice	Broccoli, Carrot Soufflé
	Dinner Roll

Thursday, February 9th

Chicken Biscuit	Stewed Chicken Thigh
Fresh Fruit or Fruit Juice	Mac & Cheese
	Salad w/ Carrots

Friday, February 10th

French Toast Sticks	Chicken, Sausage, & Okra Gumbo w/ Rice
Fresh Fruit or Fruit Juice	Salad w/ Tomatoes
	WW Crackers

Healthier Choices, Make A Healthier You!

Tip #7: Increase your vegetables

Any vegetable or 100% vegetable juice is considered a part of the vegetable group. Your vegetables are divided into 5 different sub categories (dark green, starchy, red / orange, beans and peas, and other vegetables). The amount of vegetables you will need to consume will depend on your age, sex, and activity level. The recommended total daily amounts are listed: Children 2-8 years: 1-1.5c, Girls 9-18 years: 2-2.5c, Boys 9-18 years: 2.5-3c, Women 19 and over: 2-2.5, and Men 19 and over: 2.5-3c.

▶ What's In Season This Month!!



Avocado



Lemons



Asparagus

- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Clementines
- Kiwi
- Grapefruit
- Limes
- Oranges
- Papaya
- Parsnips
- Tangerines
- Sweet Potatoes
- Turnips

Breakfast Lunch

Monday, February 13th

- Assorted Cereal
- Fresh Fruit or Fruit Juice
- Mexican Fiesta Bowl—Pulled Chicken, Steamed Corn, Mexican Rice Dinner Roll

Tuesday, February 14th

- Egg & Cheese Sandwich
- Fresh Fruit or Juice
- Roasted Pork w/ Gravy Brown Rice
- Steamed Broccoli

Wednesday, February 15th

- Blueberry Pancakes
- Fresh Fruit or Juice
- Calzone w/ Marinara Sauce, Salad w/ Carrots

Thursday, February 16th

- Scrambled Eggs
- WG Biscuit
- Fresh Fruit or Fruit Juice
- Turkey Nachos w/ Shredded Lettuce, Cheese, Pinto Beans, & Salsa

Friday, February 17th

- Cinnamon Rolls w/ Icing
- Fresh Fruit or Juice
- Spaghetti & Meatballs
- Seasoned Green Beans
- Oatmeal Raisin Cookie

▶ Available Daily

All Meals Served With:
Low Fat White Milk
Skim Milk
Fresh Fruit

Breakfast Lunch

Monday, February 20th

- Strawberry Yogurt Parfait w/ Granola
- Fresh Fruit or Juice
- Red Beans & Rice
- Stewed Okra & Tomatoes, Cornbread

Tuesday, February 21st

- Grits w/ Butter
- Turkey Sausage Patty
- Fresh Fruit or Juice
- Fish Tacos w/ Broccoli Slaw & Baja Dressing
- Steamed Corn

Wednesday, February 22nd

- Maple Waffle
- Fresh Fruit or Fruit Juice
- Pepperoni Pizza
- Cauliflower Cheese Bake, Green Beans

Thursday, February 23rd

- Biscuit w/ Butter
- Sausage Links
- Fresh Fruit or Fruit Juice
- Meatloaf, Mashed Potatoes w/ Gravy
- Salad w/ Carrots
- Dinner Roll

Friday, February 24th Through

Tuesday, February 28th

No School

Happy
Mardi
Gras!



Make Sleep a Priority!

Making sure your child gets enough sleep is just as important as providing them with a balanced and nutritious diet. Studies show that sleep and obesity have a strong correlation to one another and that not getting enough sleep will allow you to gain weight faster and be more prone to becoming overweight. It is important for parents to be role models for their children. If your children see you up and moving around they won't want to settle down for bedtime.



So what can you do to counter act this theory?

- 1) Try to make sleep a priority for yourself as well as your children by going to bed or settling down at an appropriate time.
- 2) Distinguish a proper bed time for your children and enforce it so that they know when it is time to get ready for bed.
- 3) Limit technology on school nights. Don't let your children be on the computer, playing video games, or watching TV right before bed.
- 4) Incorporate calming activities into your children's bedtime routine. Thirty minutes before bed do quiet activities such as reading a book or talking about your kids day to get them to wind down.

How much sleep do children need?

Source: National Sleep Foundation

Newborn Infants: 0 –2 months	12-18 hours (Includes naps)
Infants: 3-11 months	14-15 hours (Includes two naps)
Toddlers: 1-3 years	12-14 hours (Includes one nap)
Pre-schoolers: 3-5 yrs	11-13 hours (Includes one nap)
School-aged child: 5-10 yrs	10-11 hours
Teens: 10-17 years	8.5-9.25 hours
Adults	7-9 hours