Involving Kids with Label Reading!

You can help children learn about nutrition and at the same time establish healthy dietary habits by encouraging them to learn to read the Nutrition Facts Labels. Reading the labels is a tool for making healthy food choices that they will be able to use throughout their lives. Use teachable moments in everyday activities to help the children learn. Here’s how:

• **Guess the Serving Size.** When children are choosing which items to eat, challenge them to measure out what they think is one serving. Then, have them measure out the serving size according to the Nutrition Facts Label. Discuss the difference in the amounts and remind them that if they are eating two servings, they are getting double the calories and nutrients.

• **Make the Shopping List Together.** Have your child read the labels on products in the house. Ask them to determine which products are high in protein, Vitamin D, calcium, iron, and potassium and which products are low in fat, saturated fat, trans fat, cholesterol, sodium, carbohydrates, fibers, and sugars. Ask the child which products should your family buy again?

• **Supermarket Smarts.** Challenge your child to read the labels on different brands of the same food items while at the store. Have them select the healthier brand to purchase.

• **Get Serious About Cereal.** Ask your child to find a cereal that is lower in added sugars and higher in dietary fiber than the one you currently have at home. Have them taste test it at home. Is it cereal they would eat again?

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**Winter Recess - Dec. 23-Jan. 3**

Complimentary Breakfast is available for ALL Enrolled Students in All Schools!

**Weekly Menu**

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<thead>
<tr>
<th>Cycle 1</th>
<th>Cycle 2</th>
<th>Cycle 3</th>
<th>Cycle 4</th>
<th>Cycle 5</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
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<td>December 16</td>
<td>December 17</td>
<td>December 18</td>
<td>December 19</td>
<td>December 20</td>
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**Nutrition Facts**

- Calories: 622
- Protein: 28 gm
- Dairy: 10363
- Sodium: 914 mg
- Cholesterol: 45 mg
- Total Fat: 21 cal
- Saturated Fat: 7 cal
- Trans Fat: 0 %
- Polyunsaturated Fat: 10 %
- Complex Carbohydrates: 40 %
- Simple Carbohydrates: 25 %
- fiber: 12 %
- Total Carbohydrates: 45 %
- Calcium: 563 mg
- Iron: 3 mg
- Vitamin A: 4769 IU
- Vitamin C: 34 mg
- thiamin: 1.45
- riboflavin: 0.40
- niacin: 4.00
- vitamin B6: 0.40
- vitamin B12: 0.00
- folate: 0.00
- zinc: 0.00
- phosphorus: 0.00
- potassium: 0.00
- magnesium: 0.00

This menu is based on the comparison for the CACFP and is subject to change.

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Visit our website for nutrition information, free/reduced applications and more about our program at http://district.ops.org. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-8659. School lunch money may be transferred to other accounts, carried over to the next school year or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at www.schoolcafe.com.