The New Year is a great time to implement healthier lifestyles for the entire family. It is important not to diet as they can do more harm than good. Research suggests children who diet and end up weighing more than non-dieters, have lower self-esteem, and have a greater risk for eating disorders. Here are tips to establish a healthier lifestyle:

- Be an active family. Children need at least 60 minutes of physical activity each day. Look at your local community center for family-friendly activities during the winter months or go to the park, bike, or walk during the summer months.
- Eat breakfast. Breakfast is the most important meal of the day. It kicks starts your metabolism and prevents you from eating too much throughout the day. Choose whole grain cereal with less added sugars, eggs, yogurt, fruit, or whole grain bread as health options.
- Encourage mindful eating. Refrain from using technology at meals to help kids stay focused on their food and to prevent over-eating. Discuss what it feels like to be hungry, a little bit hungry, comfortably full, and uncomfortably full to help them trust and listen to their internal body cues.
- Don’t forbid foods or use food as a reward. Forbidding foods only increases a child’s desire for that food. Instead of eliminating foods, limit the portion size they eat. Use non-food rewards for a good behavior such as stickers or allowing your child to invite a friend over to play.

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

**Weekly Special Menu**

- **Week of Jan 6-10, 2020**
  - Breakfast: Roasted Red Pepper Hummus Box
  - Lunch: Turkey Deli Sandwich, Fresh Broccoli Trees, Fresh Grape Tomatoes, Chilled Diced Peaches
  - Dinner: Pastrami & White American Sandwich, Fresh Broccoli Trees, Fresh Orange Smiles

- **Week of Jan 13-17, 2020**
  - Breakfast: Roasted Red Pepper Hummus Box
  - Lunch: Turkey Deli Sandwich, Fresh Broccoli Trees, Fresh Grape Tomatoes, Chilled Diced Peaches
  - Dinner: Pastrami & White American Sandwich, Fresh Broccoli Trees, Fresh Orange Smiles

**Nutrition Facts**

<table>
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<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Protein</th>
<th>Fat</th>
<th>Total Carbohydrate</th>
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**Menu Key:**
- (     ) New item
- (     ) Whole-grain
- (     ) Contains pork
- (     ) Nut Free
- (     ) Served chilled
- (     ) Spicy
- (     ) Local grown
- (     ) Meatless item
- (     ) Fish product

**EXTRA!**

- Lunch Page News
- Menus:
  - Whole-grain
  - Meatless item
  - Nut Free
  - Fish product
  - Local grown
  - Spicy
  - Served chilled
  - Contains pork

This institution is an equal opportunity provider.

Visit our website for nutrition information, free/reduced applications and more about our program at [http://district.org/]

Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-0699. 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 or online payments at www.schoolcafe.com.