**A New Year, A Healthier You!**

The New Year’s 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

- **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, hike, or walk during the summer months.

- **Eat breakfast.** Breakfast is the most important meal of the day. It kick 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, and full. Use non-food rewards for a good behavior such as stickers or allowing your child to invite a friend over to play.

- **Don’t forbid foods or use food as a reward.** Prohibiting foods only increases a child’s desire for that food. Instead of eliminating foods, limit the portion size they eat. Use food as a reward. Don’t forbid foods or use food as a reward. 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.

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### Cycle 1

**Monday, January 6**
- **Breakfast:** Blueberry Muffin Top
- **Lunch:** Country Beef Cutlet on a Bun

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### Cycle 6

**Monday, January 13**
- **Breakfast:** Cold Cereal
- **Lunch:** Rotini with Italian Meat Sauce

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### Cycle 7

**Tuesday, January 7**
- **Breakfast:** Hot Oatmeal
- **Lunch:** Fish Wedge on a Bun

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### Cycle 8

**Wednesday, January 8**
- **Breakfast:** Warm Biscuit with Sun butter & Jelly
- **Lunch:** Southern Western Chicken Patty on a Bun

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### Cycle 9

**Thursday, January 9**
- **Breakfast:** Yogurt
- **Lunch:** Hearty Chili with Mini Corn Muffin

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### Cycle 10

**Friday, January 10**
- **Breakfast:** Country Beef Cutlet on a Bun
- **Lunch:** Fish Wedge on a Bun

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Cycle 9</th>
<th>Cycle 6</th>
<th>Cycle 7</th>
<th>Cycle 8</th>
<th>Cycle 10</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast:</strong> Yogurt</td>
<td><strong>Breakfast:</strong> Cold Cereal</td>
<td><strong>Breakfast:</strong> Hot Oatmeal</td>
<td><strong>Breakfast:</strong> Warm Biscuit with Sun butter &amp; Jelly</td>
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</tr>
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<td><strong>Lunch:</strong> Hearty Chili with Mini Corn Muffin</td>
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</tbody>
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**National Bagel Day**

**Monday, January 13**

- **Breakfast:** Blueberry Muffin Top
- **Lunch:** Country Beef Cutlet on a Bun

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**Teacher Planning Day**

**Monday, January 6**
- **Breakfast:** Cold Cereal
- **Lunch:** Rotini with Italian Meat Sauce

---

**NO SCHOOL**

**Monday, January 13**
- **Breakfast:** Blueberry Muffin Top
- **Lunch:** Country Beef Cutlet on a Bun

---

**Student News**

- **January 6:** Teacher Planning Day
- **January 13:** NO SCHOOL
A New Year, A Healthier You!

The New Year’s 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 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, and full. Allow them to know how 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!**

**Lunch Prices**

<table>
<thead>
<tr>
<th></th>
<th>Full Paid Reduced</th>
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<tbody>
<tr>
<td>Elem.</td>
<td>$3.45</td>
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<tr>
<td>Sec.</td>
<td>$1.75</td>
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<tr>
<td>Adult</td>
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</tr>
<tr>
<td>Infant</td>
<td>$1.45</td>
</tr>
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</table>

This institution is an equal opportunity provider.

Menu Key:

- (     ) New item
- (      ) Meatless item
- (      ) Locally grown
- (     ) Spicy
- (     ) Contains beans and/or peas which have been harvested dry.
- (     ) Whole-grain

Week of

Jan 6-10, 2020

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Fat Calories</th>
<th>% Value*</th>
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</thead>
<tbody>
<tr>
<td>1 Meal</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Lunch per Day</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Nutrition Key:**

- 99% Daily Value
- 95% Daily Value
- 90% Daily Value
- 80% Daily Value
- 70% Daily Value
- 60% Daily Value
- 50% Daily Value

Week of

Jan 13-17, 2020

Nutrition Facts

<table>
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**Nutrition Key:**

- 99% Daily Value
- 95% Daily Value
- 90% Daily Value
- 80% Daily Value
- 70% Daily Value
- 60% Daily Value
- 50% Daily Value

**Menu Page News**

- (     ) Whole-grain
- (     ) Meatless item
- (     ) Locally grown
- (     ) Spicy
- (     ) New item
- (     ) Contains beans and/or peas which have been harvested dry.

**Menu Key:**

- (      ) New item
- (     ) Meatless item
- (     ) Locally grown
- (     ) Spicy
- (     ) Contains beans and/or peas which have been harvested dry.

Our menu has been planned to meet federal regulations including, but not limited to, age groups and portion sizes. Over the course of each week, our menus meet calorie ranges, meat/meat alternate ranges, grain ranges, and at least if not more of the required vegetable subgroup consisting of dark green, red/orange, legumes, starchy, and other.

**Lunch Page News**

- (     ) Whole-grain
- (     ) Meatless item
- (     ) Locally grown
- (     ) Spicy
- (     ) New item
- (     ) Contains beans and/or peas which have been harvested dry.

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 331-299-9859. 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.
The New Years’ 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 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:

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- **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, and full. Over eating can often be the result of eating food before your 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.

- It is striking to note that only 1% of the population has the metabolic type to restrict fat. It is possible to be dietary limited and low fat, be over eating, have a high risk for diabetes, and have a greater risk of death. A 60 minute walk a day can help prevent this. Encourage physical activity while using the environment and resources available.

**A New Year, A Healthier You!**

**A New Year, A Healthier You!**

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**Extra!**

Lunch Page News

**Secure Key:**

| ( ) Contains beans and/or peas which have been harvested dry. |
| ( ) Locally grown |
| ( ) Meatless item |
| ( ) Fish product |
| ( ) Spicy |
| ( ) New item |
| ( ) Whole-grain |

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