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!

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Protein</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Lunch</td>
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**Lunch Prices**

<table>
<thead>
<tr>
<th>Lunch Prices</th>
<th>Full Paid Reduced</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Elem. $1.45</td>
</tr>
</tbody>
</table>

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**Menu Key:**

- Contains pork
- Locally grown
- Meatless item
- Fish product
- Spicy
- Whole-grain
- Contains beans and/or peas which have been harvested dry
- Whole-grain
- Vegetarian
- Contains pork
- Contains beans and/or peas which have been harvested dry
- Vegetarian
- Contains pork
- Contains beans and/or peas which have been harvested dry
- Vegetarian

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**Week of Dec 16-20, 2019**

**Cycle 1**

**Monday December 16**

**Breakfast**
- Glazed Raised Donut
- Applesauce Cup

**Lunch**
- Mini Corn Dogs
- Fresh Broccoli Trees
- Steamed Carrots
- Chilled Diced Pears

**Sandwich Box:**
- Pastrami or White American Sandwich
- X-Ray Vision Carrots
- Fresh Broccoli Trees
- Chilled Diced Pears

**Chef Salad:**
- Turkey Deli, Mozzarella, Lettuce & Spinach Mix, Breadsticks
- Roasted Red Pepper Hummus Box

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**Tuesday December 17**

**Breakfast**
- French Toast Bake
- Frozen Peach Cup

**Lunch**
- Macaroni & Cheese with Shrimp Poppers
- Fresh Grape Tomatoes
- Lean Mean Green Beans
- Tea Rolls
- Fresh Banana

**Sandwich Box:**
- Smoked Turkey & Mozzarella Sandwich
- Fresh Grape Tomatoes
- Cool as a Cucumber Cola
- Fresh Banana

**Chef Salad:**
- Noodle Egg
- American, Lettuce & Spinach Mix, Tea Rolls
- Roasted Red Pepper Hummus Box

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**Wednesday December 18**

**Breakfast**
- Biscuit A+
- Fresh Banana

**Lunch**
- Cheese Breadsticks with Pasta Sauce
- X-Ray Vision Carrots
- Fresh Salad Mix
- Chilled Cinnamon Applesauce

**Sandwich Box:**
- Turkey Deli Sandwich
- X-Ray Vision Carrots
- Fresh Salad Mix
- Fresh Apples Slices

**Chef Salad:**
- Grilled Chicken Strips, American, Lettuce & Spinach Mix, Breadsticks
- Roasted Red Pepper Hummus Box

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**Thursday December 19**

**Breakfast**
- Warm Pancakes with Maple Syrup
- Fresh Apple Slices

**Lunch**
- Sloppy Joe on a Bun
- Warm Grape Tomatoes
- Western Beans
- Winter Wonderland Cup

**Sandwich Box:**
- Country Boy Sandwich
- Fresh Grapes-Tomato Salad
- Winter Wonderland Cup

**Chef Salad:**
- Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, Breadsticks
- Roasted Red Pepper Hummus Box

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**Friday December 20**

**Breakfast**
- Colby Cheese Omelet
- Warm Biscuit or Tortilla Iced Strawberry Cup

**Lunch**
- Country Beef Cutlet on a Bun
- X-Ray Vision Carrots
- Ranch Spuds
- Chilled Diced Peaches
- No Sandwich Boxes or No Chef Salads