Children develop a natural preference for the foods they enjoy the most. To encourage healthy eating habits, it is important to make nutritious choices appealing and involve children in the planning, shopping, and preparing of the foods that they are most interested in eating.

It can be overwhelming to make numerous changes all at once. Start with one vegetable, such as Brussels sprouts or beets. Together, you and your child can pick a recipe, using the vegetable, to make together. Teaching by example allows your child to see you eating the health food while keeping the portion sizes in check.

**National Nutrition Month: Eat Right - Bite by Bite.**

This information is available in alternate formats for the visually impaired. Please call 531-289-0230 for further information.

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**RECIPES**

**Chicken & Cheese Taquitos**

**Smoked Turkey & Mozzarella Sandwich**

**X-Ray Vision Carrots**

**Baked School Fries**

**Iced Strawberries**

**Chilled Diced Pears**

**Roasted Red Pepper Hummus Box**

**Macho Nachos**

**Soup**

**French Toast Bake**

**Turkey Deli Sandwich**

**Pepped-Up Potatoes**

**Breadstick**

**Lunch Prices**

Full Paid Reduced
Elem. $1.45 $0.40
Sec. $1.75 $0.40
Adult $3.75 $0.40
Milk $0.35