Fats: Eating the Right Amounts!

Although eating adequate amounts of fat is an important part of a healthy diet, it is true that many children today do eat too much of it. Excess fat in a child’s diet may lead to weight gain and later in life, may lead to heart disease and diabetes. Here are some ways to keep fat intake within the recommended ranges:

- Stick to foods naturally low in fat, such as fruits and vegetables, whole grains, lean meats and fish, as well as low-fat dairy products.
- Pack meals for family outings instead of going to fast-food restaurants.
- Encourage children to include salads when dining out and to choose foods that are baked, grilled, or steamed.

The most effective way to learn about healthy eating habits is to make nutritious food a priority in our lives by learning how to prepare healthy meals and snacks. Having an entire family who is devoted to nutrition will help anyone establish sensible eating habits and learn about a healthy lifestyle.

Monday

February 17

NO SCHOOL

President’s Day

Tuesday

February 18

Breakfast

Turkey Sausage Pizzazz

Cinnamon Roll

Applesauce Cup

Lunch

Fish Sticks

Frisco Tomato

Cheesy Potatoes

Breadstick

Chilled Diced Pears

Wednesday

February 19

Breakfast

Glazed Dutch Waffle

Iced Strawberry Cup

Lunch

Crispy Chicken Patty

on a Bun

Fresh Zucchini Slices

Savory Butternut Squash

Fresh Banana

Thursday

February 20

Breakfast

Sausage Biscuit

Fresh Banana

Lunch

Beef & Bean Burrito

with Cheese Sauce

X-Ray Vision Carrots

Go Green! Fresh Spinach Salad

Fresh Orange Smiles

Friday

February 21

Breakfast

Warm Cinnamon Pancakes

Fresh Orange Smiles

Lunch

Chicken Nuggets

X-Ray Vision Carrots

Homemade Baked Beans

Chilled Applesauce

Sandwich Box:

Roasted Red Pepper Hummus Box

Breadstick

Sandwich Box: Smokey Sandwich

X-Ray Vision Carrots

Go Green! Fresh Spinach Salad

Applesauce Cup

Chefs Salad: Turkey, White American, Lettuce & Spinach Mix

Breakfast

Roasted Red Pepper Hummus Box

Friday

February 28

Breakfast

Oatmeal Chipper

Breakfast Round

Iced Strawberry Cup

Lunch

Cheese Pizza

X-Ray Vision Carrots

Lean Mean Green Beans

Chilled Applesauce

No Sandwich Boxes,
No Chef Salads,
Hummus Boxes

Eating a healthy diet is important for everyone, especially for children. By making healthy choices, we can help ensure a healthy future for ourselves and our children.