Raising Healthy Eaters!

Eating habits begin as early as babies and toddlers. Children who receive plenty of fruits and vegetables on their plate start to think of them as normal and yummy. The good news is that it is never too late to start good eating habits! Here’s how:

- **Make it MyPlate friendly.** All dinners should include a protein, grain, fruit, vegetable, and dairy. Half of the plate should include fruits and vegetables. Encourage children to take a bite or two of items they don’t like. It may take up to 20 tries for them to begin to like certain foods, so don’t leave them off of the plate because your child “doesn’t like them”.

- **Don’t be a short-order cook.** Don’t make separate meals for your children. If you do, there is no incentive to try anything new.

- **Set an eating schedule.** Make a schedule for three healthy meals and two healthy, pre-portioned snacks and stick to it. If your child doesn’t eat what is served after 20 minutes, take it away and don’t allow them to eat until the next scheduled meal/snack.

- **Involve your children.** Shop, grow, cook, and enjoy the food together as a family. Make healthy eating a fun family activity. They will look to you as a role model and will love the bonding experience.

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**Week of Jan 20-24, 2020**

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**Breakfast:**
- Figgly Wiggly Wrap
- Applesauce Cup

**Lunch:**
- Smoked Turkey & Mozzarella Sandwich
- Chilled Diced Peaches

**Sandwich Box:**
- Smoked Turkey & Mozzarella Sandwich
- Fresh Grape Tomatoes
- Fresh Broccoli Trees
- Chilled Diced Peas

**Chef Salad:**
- Turkey Deli, Mozarella, Lettuce & Spinach Mix, Breadstick, Cinnamon Muffin Square

**Roasted Red Pepper Hummus Box V**

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**Week of Jan 27-31, 2020**

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**Breakfast:**
- Cinnamon Glazed French Toast
- Applesauce Cup

**Lunch:**
- Beef Ranchero Pizza
- Savory Roasted Squash
- Chilled Diced Peaches

**Sandwich Box:**
- Smoked Turkey & Mozzarella Sandwich
- Fresh Grape Tomatoes
- Savory Roasted Squash
- Chilled Diced Peaches

**Chef Salad:**
- Beef Taco Salad with Fresh Jicama Sticks

**Roasted Red Pepper Hummus Box V**

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**Nutmritional Information**

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<th>Ingredient</th>
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**Additional Information**

- This institution is an equal opportunity provider.
- This information is available in alternate formats for the visually impaired. Please call 531-299-0230 for further information.