A New Year, A Healthier You!

The New Year 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 and 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, hike, or walk during the summer months.
- **Eat breakfast.** Breakfast is the most important meal of the day. It kicks start your metabolism and prevents you from eating too much throughout the day. Choose whole grain cereal with less added sugars, eggs, yogurt, or fruit, and 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, comfortably full, and uncomfortably full to help them trust and listen to 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!**

<table>
<thead>
<tr>
<th>Cycle 6</th>
<th>Cycle 7</th>
<th>Cycle 8</th>
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<tbody>
<tr>
<td><strong>Monday January 6</strong></td>
<td><strong>Tuesday January 7</strong></td>
<td><strong>Wednesday January 8</strong></td>
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<tr>
<td>NO SCHOOL</td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
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<tr>
<td><strong>Teacher Planning Day</strong></td>
<td>Glazed Dutch Waffle Applesauce Cup</td>
<td>Glazed Raised Donut Fresh Banana</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Sea Treasures Fresh Grape Tomatoes</td>
<td>Baked Chicken Patty on a Bun</td>
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<td><strong>Applesauce Cup</strong></td>
<td>Fresh Salad Mix featuring Kale, Golden Corn, Chilled Applesauce</td>
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<tr>
<td><strong>Sandwich Box: Turkey Deli Sandwich, Fresh Broccoli, Fresh Grape Tomatoes, Chilled Diced Pears</strong></td>
<td><strong>Sandwich Box: Pastured &amp; White American Sandwich, Fresh Broccoli, Fresh Cherry Tomatoes, Fresh Grape Tomatoes, Spicy Blackened Chicken, Lettuce, Spinach Mix</strong></td>
<td><strong>Sandwich Box: Smoked Turkey &amp; Mesquite Sandwich, X-Ray Vision Carrots, Fresh Broccoli, Fresh Orange Smiles, Chef Salad: Turkey, White American, Lettuce &amp; Spinach Mix, Basil, Baked Chicken, Roasted Red Pepper Hummus Box, Tea Roll</strong></td>
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<tr>
<td><strong>Roasted Red Pepper Hummus Box</strong></td>
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**Chilled Juice**
- Cold Cereal or Yogurt
- Offered daily

**Monday January 13**
- Breakfast Blueberry Muffin Top, Vanilla Bean Graham Applesauce Cup
- Lunch Country Beef Cutlet on a Bun, Western Beans, Baked School Fries, Chilled Diced Pears

**Tuesday January 14**
- Breakfast Cinnamon Glazed French Toast, Fresh Kiwi
- Lunch Rotini with Italian Meat Sauce, X-Ray Vision Carrots, Go Green! Spinach Salad, Chilled Diced Peaches

**Wednesday January 15**
- Breakfast Glazed Raised Donut, Iced Strawberry Cup
- Lunch Fish Wedge on a Bun, Fresh Broccoli Trees, Golden Corn, Fresh Banana

**Thursday January 16**
- Breakfast Egg & Cheese Biscuit, Fresh Banana
- Lunch Stadium Beef Frank on a Bun, Lean Mean Green Beans, Fresh Blueberries

**Friday January 17**
- Breakfast Oatmeal Chipper, Breakfast Round, Iced Apricot Cup
- Lunch Hearty Chili with a Mini Corn Muffin, X-Ray Vision Carrots, Fresh Grape Tomatoes, Chilled Applesauce

**Additional Information**
- **Weekly Menu**
  - Week of Jan 5-10, 2020
  - Lunch Prices
    - $1.55
    - Sec. $1.75
    - Adult $3.75
  - Week of Jan 13-17, 2020
  - Lunch Prices
    - Full Paid Reduced
      - Elem $1.45
      - Sec. $1.75
      - Adult $3.75

- **Nutrition Facts**
  - Nutritional value per serving (week average)
  - Calories 637
  - Total Fat 27 gm
  - Cholesterol 807 mg
  - Protein 27 gm

**This institution is an equal opportunity provider.**