

# **BREAKFAST MENU**

WINTER 2012

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>CEREAL</b> MILK STRING CHEESE 100% FRUIT JUICE	<b>HONEY WHEAT BUN</b> FRUIT MILK	<b>HONEY FIBER</b> <b>GRAHAM CRACKERS</b> CHEESE STICK FRUIT MILK	<b>BREAKFAST BAR</b> FRUIT MILK	<b>YOGURT</b> GRAHAM CRACKERS FRUIT MILK
<p><i>Each breakfast consists of 2 bread servings or 2 meat/meat alternate servings or 1 bread &amp; 1 meat/meat alternate serving and 1/2 cup fruit/juice and 1 cup milk.</i></p> <p>Menu subject to change without notice.</p>				



## **BALANCE**

### **Each Day With Food & Play**

Healthy eating habits and physical activity work together for better health. Making healthy food choices helps kids to grow, develop, and be ready to learn. Being physically active is fun and helps you feel good too!

Making smart food choices and being active every day . . .

- ~ Helps everyone keep mentally and physically fit.
- ~ Helps to maintain a healthy weight.
- ~ Helps reduce risks of serious diseases like heart disease, high blood pressure, type 2 diabetes, and some types of cancer.
- ~ Helps kids to grow and develop and provides them with the energy they need to learn and play.

## **School Breakfast Ensures a Nutritious Start Every Day**

Breakfast builds better bodies! If your children don't have time to eat at home or simply aren't hungry first thing in the morning, have them give school breakfast a try.

*It's a great option for all children, regardless of income! Here's why:*

- ~ School breakfast supplies 1/4 of the Recommended Daily Allowances a child needs.
- ~ It's a healthy, nutritious meal that provides a variety of foods.
- ~ It's easy and convenient. You can feel comfortable that your child is eating a nutritious meal and getting the best possible start to a day of learning.

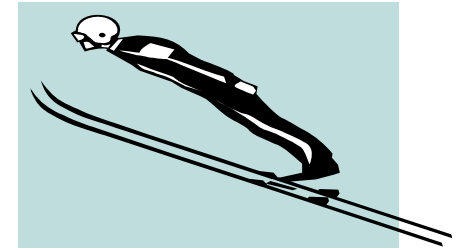


# CHOICE LUNCH MENU

*Winter* 2012 (starting 01/17/12)

MONDAY

TACO POCKET  
CHICKEN FAJITA SALAD  
New! TACO SALAD (vegetarian)



TUESDAY

New! ROAST BEEF SANDWICH  
SUB SANDWICH (WITH LETTUCE & PICKLE)  
BEAN & CHEESE BURRITO



WEDNESDAY CHEESE OR PEPPERONI PIZZA

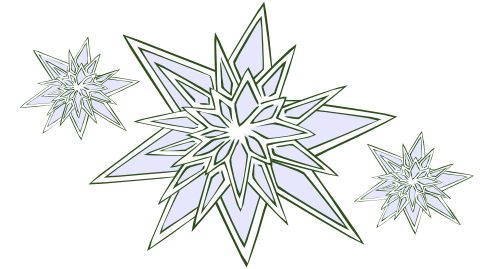


THURSDAY

New! GENERAL TSO's CHICKEN, VEG, RICE  
New! MACARONI & CHEESE  
CHICKEN TENDERS & POTATO WEDGES

FRIDAY

New! FISH SANDWICH  
SPICY KRISPY CHICKEN SANDWICH  
VEGGIE GARDEN BURGER



All meals include vegetable, fruit & milk.

(Menu subject to change without notice)

**COLD WEATHER NUTRITION:** Exercising in the cold weather can bring some challenges for athletes who participate in winter sports. Ideal foods to consume are complex carbohydrates eaten 2 hours prior to exercise. Soups, chili, bread, bagels, pasta with tomato sauce, baked potatoes, cereals, peanut butter, lean meat, and low-fat cheese are good choices.

It's also important to drink plenty of fluids to keep hydrated and eat frequently to replace carbohydrate stores that are being used for exercise and warming.

If you don't replace this energy you will likely feel more fatigued and chilled. Plan ahead and bring energy bars, chocolate bars, trail mix, bananas, sandwiches or something that you like and will eat.