

February 2019

Families Making the Connection

Eat Right, Live Right, Feel Right

National Nutrition Month® is around the corner in March. The 2019 NNM theme is “*Eat Right, Live, Feel Right*”. Whether starting the day with a healthy breakfast or fueling for fitness, our food choices can make a difference. Here are tips for your family any time of the year:

1. Discover the benefits of a healthy eating style.
2. Opt for foods and drinks that are good for you.
3. Include a variety of foods from all food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Eat the appropriate portion sizes for you.
6. Keep it simple.
7. Make food safety part of every day routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more.
9. Be active every day with activities you enjoy.
10. Consider consulting a Registered Dietitian Nutritionist (RDN) for healthy eating guidance.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. Start planning now to celebrate with your family, at your child's school, and in the community:

- Work with an RDN, chef or farmer to host a community nutrition event.
- Promote NNM at school with posters, stickers, a recipe contest and/or educational activities.
- Volunteer at a community garden or food bank. Host a food drive.

February

- American Heart Month
- National Cherry Month
- National Grapefruit Month
- National Sweet Potato Month

				Friday, February 1
				Biscuit & Gravy 100% Fruit Juice Applesauce-canned
Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7	Friday, February 8
Omelet 100% Fruit Juice Pears-canned	Coffecake 100% Fruit Juice Fresh Fruit Choice	English Muffin 100% Fruit Juice Apricots-canned	Breakfast Bosco 100% Fruit Juice Fresh Fruit Choice	Breakfast Pizza 100% Fruit Juice Applesauce-canned
Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15
Cereal Nutri grain bar 100% Fruit Juice Fruit Cocktail-canned	Cream Cheese Mini Bagels 100% Fruit Juice Fresh Fruit Choice	WW Bagel 100% Fruit Juice Mandarin Oranges-canned	Dutch Waffle w/ syrup 100% Fruit Juice Fresh Fruit Choice	Breakfast Pizza 100% Fruit Juice Pears-canned
Monday, February 18	Tuesday, February 19	Wednesday, February 20	Thursday, February 21	Friday, February 22
	Pancake on Stick w/ syrup 100% Fruit Juice Fresh Fruit Choice	Biscuit & Gravy 100% Fruit Juice Applesauce-canned	Sausage Breakfast Sandwich 100% Fruit Juice Fresh Fruit Choice	WG Muffin 100% Fruit Juice Peaches-canned
Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	
Waffles w/ syrup 100% Fruit Juice Fruit cocktail-canned	WG Donut 100% Fruit Juice Fresh Fruit Choice	WW Bagel 100% Fruit Juice Pineapple-canned	Breakfast Burrito 100% Fruit Juice Fresh Fruit Choice	

1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch

Menus are subject to change.

Spoon River Valley CUSD #4 35265 N IL Hwy 97 London Mills, IL 61544

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