

February 2020

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



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

Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
Hot Ham & Cheese on a Bun Monaco Blend Veggies Broccoli Salad Fresh Fruit	Fish Sticks Calico Beans Cherry Tomatoes WG Roll Peaches-canned	Hard Shell Beef Taco Romaine & Tomatoes Mexican Corn Fresh Fruit	Lasagna Garlic Bread Garden Salad Steamed Cauliflower Tropical Fruit-canned	Chicken Patty on bun Au gratin Potatoes Green Beans Fresh Fruit
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
Bosco Sticks California Veggies Cherry Tomatoes Fresh Fruit	Nachos Cowboy Corn Salad Red Pepper Strips Spiced Apples	Stromboli Square Tossed Salad Seasoned Peas Fresh Fruit	Hotdog on Bun Savory Carrots Steamed Corn WG Cookie Fruit	EARLY DISMISSAL
Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
	Pizza Bites Sweet Potato Fries Fresh Cauliflower Trop. Mixed fruit-canned	Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Fresh Fruit Choice	Chicken & Noodles Mashed Potatoes Corn Fresh Mixed Fruit Cup	Mini Tacos Spicy Pinto Beans Red Peppers Fresh Fruit
Monday, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Fruit	Chicken Drumstick Hearth Whole Grain Roll Baked Beans Creamy Cole Slaw Fruit Cocktail canned	Yummy Sloppy Joe on Bun Cherry Tomatoes Seasoned Peas Fresh Fruit	Chicken & Waffle Fresh Baby Carrots Sassy Sweet Potatoes Fruit Cup	Mini Pancakes Sausage Patty Wax Beans Hash Brown Patty Fresh Fruit