






January 2020

Families Making the Connection

Healthy Active Children

Did you know that we have a Healthy Active Children Policy? The State Board of Education passed the policy to reduce obesity, address hunger and promote health. The policy includes the following:

- Local education agencies (LEAs) should establish a School Health Advisory Council (SHAC) of school, community and health representatives, families and students. SHACs should oversee the Healthy Active Children Policy, Local Wellness Policy (LWP) and coordinated school health.
- LEAs should have a LWP that includes goals for nutrition education and promotion, physical activity, and other activities to promote student wellness.
- K-8 schools should offer 30 minutes of physical activity every day. Elementary schools should move toward 150 minutes/week of physical education and middle schools 225 minutes/week of health education with certified teachers.
- Recess and physical activity should not be taken away as a form of punishment.
- LEAs should have guidelines for all foods and beverages on campus, offer healthy food/beverage options for students, limit marketing to only healthy foods/beverages, offer nutrition education and choose options other than food to reward students.

Monday, January 6	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
				<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>1% Low-fat Milk & 1% Chocolate Milk offered with Breakfast and Lunch</p> </div>
<p>Pig in a Blanket Roasted Red Potatoes Broccoli Fresh Fruit</p>	<p>Pizza Bites Sweet Potato Fries Cauliflower Fresh Tropical Fruit canned</p>	<p>Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans</p>	<p>Chicken & Noodles Mashed Potatoes Seasoned Corn Mixed Fruit Cup</p>	<p>Mini Tacos Spicy Pinto Beans Red Peppers Fresh Fruit</p>
Monday, January 13	Tuesday, January 14	Wednesday, January 15	Thursday, January 16	Friday, January 17
<p>Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fresh Fruit</p>	<p>Chicken Drumstick WG Roll Baked Beans Creamy Coleslaw Fruit Cocktail-canned</p>	<p>Yummy Sloppy Joe on Bun Cherry Tomatoes Seasoned Peas Fresh Fruit</p>	<p>Chicken & Waffle Fresh Baby Carrots Sassy Sweet Potatoes Citrus Fruit Cup</p>	<p>Mini Pancakes Sausage Patty Wax Beans Hash Brown Patty Fresh Fruit</p>
Monday, January 20	Tuesday, January 21	Wednesday, January 22	Thursday, January 23	Friday, January 24
<p>MARTIN LUTHER KING JR. <i>Day</i></p> 	<p>Corn Dog Orange Glazed Carrots Broccoli Florets Pineapple canned</p>	<p>Chicken Soft Shell Taco Black Bean & Corn Salsa Refried Beans Fresh Fruit</p>	<p>Cowboy Cavatini Seasoned Corn Italian Vegetables Fruit Sidekick</p>	<p>Pizza Peas & Carrots Tater Tots Fresh Fruit</p>
Monday, January 27	Tuesday, January 28	Wednesday, January 29	Thursday, January 30	Friday, January 31
<p>Hamburger on a Bun Romaine Lettuce Tomato Slice Oven Fries Fresh Fruit</p>	<p>Wranglers Chili Cornbread Muffin Red Bell Pepper Strips Tomato & Corn Salad Pears canned</p>	<p>Chicken Nuggets Whole Wheat Roll Mashed Potatoes & Gravy Steamed Broccoli Fresh Fruit</p>	<p>Baked Ham WG Biscuit Apple Glazed Sweet Potatoes Bean Salad Fruit Cup</p>	<p>Macaroni & Cheese Meatballs Sunshine Garden Salad Catalina Vegetables Fresh Fruit</p>

January

- Family Fit Lifestyle Month
- Healthy Weight Week (3rd week)

Menus are subject to change.

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This institution is an equal opportunity provider.