

Families Making the Connection

It takes a village. Helping students to eat healthy has the greatest impact when everyone is involved—teachers, cafeteria staff and families. Offering healthy meals and snacks at home gives children the chance to practice the good nutrition they learn about in school.

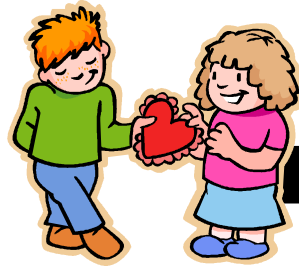
It takes some guidance. Wondering what “good nutrition” really means? **MyPyramid for Kids** is a great place to start. Go to www.mypyramid.gov to learn about the pyramid’s food groups. Once there, you’ll also discover how to choose smart foods from each group.

It takes encouragement. Be a cheerleader for good nutrition at your child’s school. School meals are a nutrient-rich option for your child. Encourage your child’s healthy eating habits by supporting school meals!



February

- American Heart Month
- Children’s Dental Health Month
- Cherry Month
- Grapefruit Month
- Hot Breakfast Month
- North Carolina Sweet Potato Month
- Potato Lovers’ Month
- Almond Day (16th)



Menus for February 2010

Henderson County Public Elementary Schools

‘Food for Thought’ Factoids It’s American Heart Month

A healthy diet and lifestyle are your best defenses against heart disease. Try these ideas:

- Keep an eye on your portion sizes.
- Pick lean meats, poultry and fish. Trim away any fat and skin. Prepare without added fat, if possible.
- Go for fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Limit foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Select beverages and foods without added sugars.
- Choose and prepare foods with little or no salt.
- If you drink alcohol, drink in moderation (one drink per day for women and two drinks per day for men).
- Be physically active. Go to <http://www.cdc.gov/physicalactivity/index.html> for tips on how to move more!



| Monday, February 1 | Tuesday, February 2 | Wednesday, February 3 | Thursday, February 4 | Friday, February 5 |
|--|---|--|---|--|
| <p>Choose One: 1. Chicken Sandwich 2. Sloppy Joe Choose Two: Baked French Fries Green Beans Sliced Peaches 100% Juice AND Choice of Milk</p> | <p>Choose One: 1. Chili with Cornbread 2. Hot Ham and Cheese Sandwich Choose Two: California Vegetables Coleslaw Applesauce 100% Juice AND Choice of Milk</p> | <p>Choose One: 1. Soft Shell Tacos 2. Corndog Choose Two: Cheesy Rice Side Salad Mixed Fruit 100% Juice AND Choice of Milk</p> | <p>Choose One: 1. Oven Fried Chicken 2. BBQ Sandwich Choose Two: Baked Beans Veggie Dippers with Dressing Pineapple Tidbits 100% Juice AND Choice of Milk</p> | <p>Choose One: 1. Cheese Pizza 2. Chicken and Rice Choose Two: Green Peas Caesar Salad Pear Halves 100% Juice AND Choice of Milk Cherry Cobbler</p> |

Fit Foundations

Almonds—Health in a Handful

Almonds are packed with nutrients. They are rich in vitamin E, magnesium, protein, potassium and fiber.

Almonds a heart healthy choice! They are a great source of healthy fats. In fact, nearly 70 percent of the fat in almonds is **monounsaturated**. That's the “good” kind of fat that tends to lower “bad” cholesterol and raise “good” cholesterol.

Take advantage of the health benefits of almonds with just a handful each day.

Just 1 ounce (1/4 cup), or 23 almonds, may promote good health when you eat smart overall.

Almonds are easy to keep on hand.

Almonds can be stored for up to two years if kept under cool and dry conditions. Protect the flavor of almonds by keeping them away from strong odors.

Roast your own almonds. Simply spread almonds out onto an ungreased baking pan. Place the pan in a 350° F oven. Bake for 10 minutes, or until golden brown. Make sure to stir the almonds once or twice during roasting to ensure even browning. Note that the almonds will continue to roast slightly after removing them from the oven. Mmmm...warm, freshly roasted almonds!



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www.ncdhs.gov • www.nutritionc.com

Sources: www.almondsarein.com and www.portfolioeatingplan.com

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| <p>Monday, February 8</p> <p><u>Choose One:</u></p> <ol style="list-style-type: none"> 1. Chicken Teriyaki Nuggets with Rice Pilaf 2. Mac & Cheese with Diced Ham <p><u>Choose Two:</u></p> <p>Steamed Broccoli Side Salad Diced Peaches 100% Juice</p> <p>AND</p> <p>Choice of Milk</p> | <p>Tuesday, February 9</p> <p><u>Choose One:</u></p> <ol style="list-style-type: none"> 1. Chicken Littles 2. Fish Sticks w/ Hushpuppies <p><u>Choose Two:</u></p> <p>French Fries Green Beans Fresh Apple Slices 100% Juice</p> <p>AND</p> <p>Choice of Milk</p> | <p>Wednesday, February 10</p> <p><u>Choose One:</u></p> <ol style="list-style-type: none"> 1. Lasagna with Garlic Bread 2. Half of a Turkey & Cheese Wrap with Tomato Soup <p><u>Choose Two:</u></p> <p>Popeye Salad Star Fruit 100% Juice</p> <p>AND</p> <p>Choice of Milk</p> | <p>Thursday, February 11</p> <p><u>Choose One:</u></p> <ol style="list-style-type: none"> 1. Salisbury Steak with Gravy & Roll 2. Turkey Tetrazzino <p><u>Choose Two:</u></p> <p>Mashed Potatoes Green Peas Kiwi Fruit 100% Juice</p> <p>AND</p> <p>Choice of Milk</p> | <p>Friday, February 12</p> <p><u>Choose One:</u></p> <ol style="list-style-type: none"> 1. Cheese Pizza Dippers with Sauce 2. Beef and Veggie Soup with Crackers <p><u>Choose Two:</u></p> <p>Greek Salad California Veggies Fresh Fruit 100% Juice</p> <p>AND</p> <p>Choice of Milk</p> |
| <p>Monday, February 15</p> <p><u>Choose One:</u></p> <ol style="list-style-type: none"> 1. Hot Dog in a bun 2. Chicken Pot Pie <p><u>Choose Two:</u></p> <p>Baked Sweet Potato Cole Slaw Satsuma oranges 100% Juice</p> <p>AND</p> <p>Choice of Milk</p> | <p>Tuesday, February 16</p> <p><u>Choose One:</u></p> <ol style="list-style-type: none"> 1. Chicken Alfredo with Breadstick 2. Ravioli & Breadstick <p><u>Choose Two:</u></p> <p>Side Salad Steamed Broccoli Tropical Fruit Salad 100% Juice</p> <p>And</p> <p>Choice of Milk</p> | <p>Wednesday, February 17</p> <p>Wacky Wednesday Choose one entrée</p> <ol style="list-style-type: none"> 1. Pancakes & Sausage 2. Scrambled Eggs, Sausage and Toast <p><u>Choose Two:</u></p> <p>Hash Browns 1/2 Red Grapefruit 100% Juice</p> <p>And</p> <p>Choice of Milk</p> | <p>Thursday, February 18</p> <p><u>Choose One:</u></p> <ol style="list-style-type: none"> 1. Chicken Rings & Roll 2. Sliced Turkey, Gravy & Roll <p><u>Choose Two:</u></p> <p>Baked Beans Steamed Cabbage Pineapple Tidbits 100% Juice</p> <p>AND</p> <p>Choice of Milk</p> | <p>Friday, February 19</p> <p><u>Choose One:</u></p> <ol style="list-style-type: none"> 1. Chicken Quesadillas 2. Pepperoni Pizza <p><u>Choose Two:</u></p> <p>Mexican Corn Green Beans Applesauce 100% Juice</p> <p>AND</p> <p>Choice of Milk</p> |
| <p>Monday, February 22</p> <p><u>Choose one:</u></p> <ol style="list-style-type: none"> 1. Sliced Pork Roast, Gravy & a Roll 2. Corn Dog <p><u>Choose Two:</u></p> <p>Potato Triangles Steamed Broccoli Blueberry Parfait 100% Juice</p> <p>And</p> <p>Choice of Milk</p> | <p>Tuesday, February 23</p> <p><u>Choose One:</u></p> <ol style="list-style-type: none"> 1. Chicken Nuggets & Cornbread 2. Meatloaf & Cornbread <p><u>Choose Two:</u></p> <p>Pinto Beans Side Salad Blood Oranges 100% Juice</p> <p>And</p> <p>Choice of Milk</p> | <p>Wednesday, February 24</p> <p>Early Release Sack Lunches</p> <p>Turkey & Cheese on Kaiser Or Sunbutter Sandwich</p> <p>Baked Chips Celery Sticks Ranch Dip Fruit Cup Milk Choice</p> | <p>Thursday, February 25</p> <p><u>Choose One:</u></p> <ol style="list-style-type: none"> 1. Cheese Burger 2. Beanie Weenies <p><u>Choose Two:</u></p> <p>French Fries Green Beans Sliced Peaches 100% Juice</p> <p>And</p> <p>Choice of Milk</p> | <p>Friday, February 26</p> <p><u>Choose One:</u></p> <ol style="list-style-type: none"> 1. Pepperoni Pizza 2. Chicken Noodle Soup with a Soft Pretzel <p><u>Choose Two:</u></p> <p>Whole Kernel Corn Baby Carrots & Dip Cameo Apples 100% Juice</p> <p>AND</p> <p>Choice of Milk</p> |