



*One percent milk is served with breakfast and lunch*

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
<b>NOTE: THIS FRIDAY 10/4/19 IS A SCHOOL DAY:</b> <b>Cook's Choice</b>		<b>Breakfast</b> Frosted Mini Wheats <b>WG / Peaches</b> <b>Lunch</b> Chicken & Rice D47 Lettuce / Apple <b>Snack</b> Cereal / Milk	<b>1</b>	<b>Breakfast</b> <b>WG</b> Toast Applesauce <b>Lunch</b> Tater Tot Casserole DA Bread/ Oranges <b>Snack</b> Toast / Milk	<b>2</b>	<b>Breakfast</b> Parfait G5 <b>Lunch</b> Turkey Sandwich <b>WG</b> Baked Beans/Pineapple <b>Snack</b> Parfait / Milk	<b>3</b>
		<b>Breakfast</b> Oatmeal <b>WG</b> Banana <b>Lunch</b> Spaghetti D3 Mixed Greens Mandarin Oranges <b>Snack</b> Cereal / Milk	<b>7</b>	<b>Breakfast</b> Kix <b>WG</b> Oranges <b>Lunch</b> Chicken Strips Green Beans Apple <b>Snack</b> Kix / Milk	<b>8</b>	<b>Breakfast</b> <b>WG</b> Toast Strawberries <b>Lunch</b> Swiss Steak Cubes D31 Noodles/ Vegetable/Fruit <b>Snack</b> Toast / Milk	<b>9</b>
Holiday  No School		<b>Breakfast</b> Yogurt / Grahams Raspberries <b>Lunch</b> Meatloaf D28/Bread <b>WG</b> Mash Potatoes/Apple <b>Snack</b> Same / Milk	<b>15</b>	<b>Breakfast</b> WW Toast <b>WG</b> Pears <b>Lunch</b> Turkey Tetrazzini D45 Peas / Mixed Fruit <b>Snack</b> Toast / Milk	<b>16</b>	<b>Breakfast</b> Oats & More Oranges <b>Lunch</b> <b>WG</b> Grilled Cheese F13 Tomato Soup / Crackers Peaches <b>Snack</b> Cereal / Milk	<b>17</b>
		<b>Breakfast</b> Waffles <b>WG</b> Banana <b>Lunch</b> Macaroni & Cheese D20 Mixed Greens Apple <b>Snack</b> Waffles/Milk	<b>21</b>	<b>Breakfast</b> <b>WG</b> Life Cereal Oranges <b>Lunch</b> <b>WG</b> Chicken Salad Sandwich D46/ Potato Peaches <b>Snack</b> Life Cereal /Milk	<b>22</b>	<b>Breakfast</b> Cinnamon Toast <b>WG / Pears</b> <b>Lunch</b> Tuna & Noodle w/ Cheese D29aR / Peas Mandarin Oranges <b>Snack</b> C. Toast/Milk	<b>23</b>
<b>Breakfast</b> Oatmeal <b>WG</b> Strawberries <b>Lunch</b> Fish on Bun / Lettuce Peaches <b>Snack</b> Cereal / Milk	<b>28</b>	<b>Breakfast</b> Honey Kix <b>WG</b> Pears <b>Lunch</b> Chicken Alfredo D54 Broccoli & Dip / Mixed Fruit <b>Snack</b> Kix / Milk	<b>29</b>	<b>Breakfast</b> Banana Bread Oranges <b>Lunch</b> Taco Salad D24 <b>WG</b> Tortilla Chips / Fruit <b>Snack</b> Banana Bread/Milk	<b>30</b>	<b>Breakfast</b> Multigrain Cheerios <b>WG / Fruit</b> <b>Lunch</b> Vegetable Cheese Soup H13 Crackers/ Apple <b>Snack</b> Cereal / Milk	<b>31</b>



## HEALTHY EATING



NATIONAL CENTER ON  
Early Childhood Health and Wellness

Tips for Families from the National Center on Early Childhood Health and Wellness

### Healthy Habits Start Early



Good eating habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy eating habits. You are your child's best role model so while you help her to eat healthy, try to do the same too!

#### Healthy Feeding and Eating

##### For Your Infant

- It is important to breastfeed for at least 6 months. She will be more likely to have a healthy weight as she gets older.
- Put breast milk or formula, not cereal, in your baby's bottle. Cereal adds extra calories that she doesn't need.
- Try to wait until your baby is around 6 months to start healthy solid foods like pureed vegetables, jarred baby foods, and infant cereals. Starting solid foods too early can lead to problems with overweight and obesity later.
- Around 8 or 9 months try offering your baby small amounts of healthy finger foods like grilled chicken, cooked carrots, and cut up strawberries. This will help your baby learn to eat healthy.
- Breast milk, formula, and water are the best drink choices for your baby. Soda pop, 100% fruit juice, and sport drinks add extra calories to her diet and can harm her new teeth.

##### For Your Toddler

- Offer your toddler healthy snacks like small cubes of cheese, sliced banana, or whole grain crackers two to three times per day. This will help him stay full in between meals and reduce hunger-related temper tantrums.
- Try to be patient with picky eaters. He may need to try a food 10 to 15 times over several months before he will eat it.
- Try giving your toddler a choice between two healthy options. He will be more likely to eat healthy food if he picks it out.
- Milk and water are the healthiest drink choices for your toddler. Soda pop, 100% fruit juice, and sport drinks add extra calories to his diet and can harm his teeth.

##### For Your Preschooler

- Let your child help you in making healthy meals and snacks. She will be more likely to try healthy foods if she helps out.
- Try to keep your kitchen stocked with simple, healthy snacks like carrots, sliced apples and peanut butter, or string cheese. This will help you and your preschooler eat healthy, even on busy days.
- Milk and water are the healthiest drink choices for your preschooler. Soda pop, 100% fruit juice, and sport drinks add extra calories to her diet and can harm her teeth.

##### For Yourself and Family

- Your child is learning healthy habits by watching you. Try to eat healthy too.
- Set playtime, mealtime, and bedtime routines to make day-to-day life less stressful.
- Talk with your child's doctor, Head Start staff, and other parents to get healthy eating tips.



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