



One percent milk is served with breakfast and lunch. Breakfast and snack are the same at AM/PM centers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Breakfast</b> <b>WG</b> Waffles Fruit <b>Lunch</b> Chili D25 Crackers Carrot Sticks <b>Snack</b> Frosted Mini Wheats Milk	<b>Breakfast</b> <b>WG</b> Cereal/ Yogurt/Fruit <b>Lunch</b> Fish Sticks Green Beans Tropical Fruit <b>Snack</b> French Toast Strips Milk	<b>Breakfast</b> <b>WG</b> Cinnamon- Toast / Pineapple <b>Lunch</b> Turkey or Ham Sand- wich/ Tomato Soup Grapes <b>Snack</b> Bagel w/ CreamCheese/ Milk	
<b>Breakfast</b> Yogurt Banana <b>Lunch</b> Chicken Strips Mash Potato Oranges <b>Snack</b> <b>WG</b> Popcorn Milk	<b>Breakfast</b> <b>WG</b> Kix / Pears <b>Lunch</b> Vegetable Cheese Soup H13 / Crackers Apple Halves <b>Snack</b> Cracker Milk	<b>Breakfast</b> Muffin Applesauce <b>Lunch</b> Chicken & Rice D47 Carrot/Celery Sticks Peaches <b>Snack</b> <b>WG</b> Scooby Grahams Milk	<b>Breakfast</b> English Muffin PB / Tropical Frt <b>Lunch</b> Lasagna D19 Corn Peaches <b>Snack</b> <b>WG</b> Sun Chips Milk	
<b>Breakfast</b> <b>WG</b> Oatmeal Banana <b>Lunch</b> Chicken Patty w/ <b>WG</b> Bun or Bread Green Beans/Oranges <b>Snack</b> Honey Bunch of Oats Milk	<b>Breakfast</b> <b>WG</b> Life Original Fruit <b>Lunch</b> Hamburger on Bun Potato / Mandarin Oranges <b>Snack</b> Cheese & Crackers Milk	<b>Breakfast</b> Oven Baked Pan- cakes A6 Applesauce <b>Lunch</b> <b>WG</b> Grilled Cheese F13 Tomato Soup/Crackers Apple <b>Snack</b> Grahams / Milk	<b>Breakfast</b> <b>WG</b> Toast w/ Jelly / Oranges <b>Lunch</b> Goulash D33 Corn Pears <b>Snack</b> Yogurt / Milk	
Holiday No School	<b>Breakfast</b> <b>WG</b> Toast / Scrambled Eggs/ Fruit <b>Lunch</b> Meatloaf D28 Mash Potato/ Bread Baby Carrots <b>Snack</b> Banana / Milk	<b>Breakfast</b> <b>WG</b> Quaker Oat Squares/Pears <b>Lunch</b> Macaroni & Cheese D20 / Broccoli w/ Dip Apple Halves <b>Snack</b> Tortilla Chips/Salsa Milk	<b>Breakfast</b> <b>WG</b> Waffles Fruit <b>Lunch</b> Chicken Gravy over Biscuit DD / Green Beans / Peaches <b>Snack</b> Cheerios Milk	<b>Breakfast</b> English Muffin Applesauce <b>Lunch</b> BBQ on a Bun F8 Baked Beans Mandarin Oranges <b>Snack</b> <b>WG</b> State Crackers Milk
<b>Breakfast</b> English Muffin Applesauce <b>Lunch</b> Spaghetti D3 Tossed Salad Oranges <b>Snack</b> <b>WG</b> Animal Crackers Milk				

## Dear Families,



Physical inactivity and poor nutrition have contributed to a childhood obesity problem in the United States. The percentage of American children who are obese has doubled in the past 20 years. Currently, it is estimated that one out of every five children is overweight or obese by age 6. Childhood obesity is becoming a major public health issue.

Children who are overweight or obese have a higher than normal risk of diabetes, high blood pressure, high cholesterol, asthma, arthritis and poor overall health. Physical inactivity increases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer and high blood pressure. It can also have harmful psychological and social consequences such as lower self-esteem and even depression.



It is critical to understand that these diseases, when caused by obesity, usually go away when the child is no longer obese. It is important to help children maintain a healthy weight.

**Families have the most important role in preventing childhood obesity. Some actions you can take to prevent obesity are:**

- Provide a healthy diet including five fruits and vegetables per day, foods high in fiber and calcium, and limited sugary drinks and fast foods
- Encourage physical activity at home
- Limit time spent at the computer or watching television to less than two hours a day

- Regularly eat family meals together to model healthy eating habits
- Some studies have shown that breastfeeding infants may reduce childhood obesity. We encourage you to read the research and decide for yourself.

