

Families Making the Connection

Be a Healthy Role Model

February is Heart Month. Our children are the center of our heart. It's important that we take care ourselves so that we can take care of them. You are also the most important influence on your child. You can do many things to help your children and your family develop healthy habits for life.

- Cook together, eat together, talk together, and make mealtime a family time!
- Be a good food role model. Try new foods yourself.
- Show by example. Eat vegetables, fruits, whole grains and low fat dairy with meals or as snacks.
- Go food shopping together. Discuss where vegetables, fruits, grains, dairy, and protein foods come from.
- Offer the same foods for everyone. It's easier to plan family meals when everyone eats the same foods.
- Reward with attention, not food. Show your love with hugs and kisses.
- Listen to your child. If he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat.
- Limit screen time—no more than 2 hours a day of screen time like TV, computer games and smart phones.
- Make physical activity fun for the whole family. Set an example by being physically active and using safety gear, like bike helmets.

February

- American Heart Month
- National Cherry Month
- National Grapefruit Month
- National Sweet Potato Month

Source: www.choosemyplate.gov

Menus for February 2020

Sallie B. Howard School

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| Monday, February 3 Oatmeal/Apple Strudel, Fruit, Juice, Milk Chicken Nuggets w/ Rice Grilled Cheese Beef Vegetable Soup Sweet Potatoes Fruit Salad, Fresh Fruit 1% or Skim Chilled Milk | Tuesday, February 4 Fruit Muffin, Eggs Fruit, Juice, Milk Beef Chili w/Corn Bread muffin Chicken Noodle w/ Crackers Green Beans Tossed Salad Chilled Mixed fruit Fresh Fruit, 1% or Skim Milk | Wednesday, February 5 Chicken Biscuit, Fruit, Juice, Milk Beef Pot Roast w/ Boiled Potatoes Grilled Cheese w/ Chicken Noodle Soup Steamed Cabbage Chilled Peaches Fresh Fruit 1% or Skim Chilled Milk | Thursday, February 6 Cinnamon roll, eggs, Fruit, Juice, Milk Spaghetti w/ Sauce/ Corn-bread muffin BBQ Chicken Wings w/ celery and dressing Caesar Salad, Corn on Cob Dried Fruit, Fresh Fruit 1% or Skim Chilled Milk | Friday, February 7 Bagel, Eggs, yogurt, Fruit, Juice, Milk Calzone w/Marinara sauce Steak and Cheese Hoagie Tossed Salad Golden Corn Fruit Salad Fresh Fruit 1% or Skim Chilled milk |
| Monday, February 10 Grits, Turkey Bacon, eggs, fruit, Juice, Milk Chicken Patty on Bun Beef Nachos Spinach Black Beans Fruit Salad Fresh Fruit 1% or Skim Chilled milk | Tuesday, February 11 Cinnamon glazed French toast eggs, fruit, Juice, Milk Roasted Turkey w/ Rice Salisbury Steak w/ Gravy Mashed Potatoes Okra Chilled Mixed Fruit, Fresh Fruit, 1% or Skim Chilled Milk | Wednesday, February 12 Cereal, pop tart, Fruit, Juice, Milk Mac & Cheese w/ Oven Fried Chicken General TSO Chicken w/ Rice Steamed Cabbage Honey Glazed Carrots Chilled Applesauce, Fresh Fruit 1% or Skim Chilled Milk | Thursday, February 13 Egg and Cheese Biscuit, fruit, juice, milk Turkey Pepperoni Pizza Cheese Pizza Crispy Fries Black eye peas Caesar Salad Chilled Mixed fruit Fresh Fruit, 1% or Skim Chilled | Friday, February 14 Danish, eggs, fruit, juice, milk Chicken Alfredo w/Roll Corn Dog Nuggets Spinach Steamed Broccoli Mandarin Oranges Fresh Fruit 1% or Skim Chilled Milk |
| Monday, February 17 Hot Cereal, turkey sausage, , fruit, Juice, Milk Beef Ribs w/ Roll Breaded Ravioli w/Marinara sauce Soup Golden corn Spinach Chilled Pears, Fresh Fruit 1% or Skim Chilled Milk | Tuesday, February 18 Pancake Turkey Sausage dog, Fruit, Juice, Milk Chicken Hard Taco w/ cheese Beef Hard Taco w/cheese Tossed Salad, Pinto Beans Applesauce, Churros Fresh Fruit, 1% or Skim Chilled Milk | Wednesday, February 19 Hash Brown, Eggs, Fruit, Juice, Milk Cheeseburger on Bun Turkey Hotdog w/Beef Chili Baked Beans Crispy Fries Chilled Pineapples Fresh Fruit 1% or Skim Chilled milk | Thursday, February 20 Honey bun, eggs, Fruit, Juice, Milk Turkey ham and Cheese Sandwich on Hawaiian Bun Pulled Chicken Sandwich Sweet Potatoes Green Beans Fruit Salad, Fresh Fruit, 1% or Skim Chilled Milk | Friday, February 21 Cereal, pop tart, Fruit, Juice, Milk Chicken Tenders w/Roll Grilled Cheese and Fries Potato soup Steamed Broccoli Chilled peaches Fresh Fruit 1% or Skim Chilled Milk |
| Monday, February 24 Oatmeal/Apple Strudel, Fruit, Juice, Milk Chicken Nuggets w/ Rice Grilled Cheese Beef Vegetable Soup Sweet Potatoes Fruit Salad, Fresh Fruit 1% or Skim Chilled Milk | Tuesday, February 25 Fruit Muffin, Eggs Fruit, Juice, Milk Beef Chili w/Corn Bread muffin Chicken Noodle w/ Crackers Green Beans Tossed Salad Chilled Mixed fruit Fresh Fruit, 1% or Skim Milk | Wednesday, February 26 Chicken Biscuit, Fruit, Juice, Milk Beef Pot Roast w/ Boiled Potatoes Grilled Cheese w/ Chicken Noodle Soup Steamed Cabbage Chilled Peaches Fresh Fruit 1% or Skim Chilled Milk | Thursday, February 27 Cinnamon roll, eggs, Fruit, Juice, Milk Spaghetti w/ Sauce/ Corn-bread muffin BBQ Chicken Wings w/ celery and dressing Caesar Salad, Corn on Cob Dried Fruit, Fresh Fruit 1% or Skim Chilled Milk | Friday, February 28 Potato Rounds, eggs, Fruit, Juice, Milk Calzone w/Marinara sauce Steak and Cheese Hoagie Tossed Salad Golden Corn Fruit Salad Fresh Fruit 1% or Skim Chilled milk |