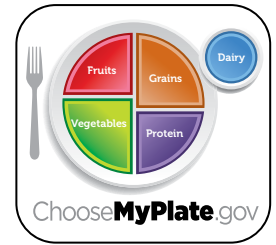


healthy eating for an active lifestyle



10 tips for combining good nutrition and physical activity

For youth and adults engaging in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to a healthier lifestyle.

1 maximize with nutrient-packed foods
Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt).

2 energize with grains
Your body's quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

3 power up with protein
Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant-based foods, too.

4 mix it up with plant protein foods
Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

5 vary your fruits and vegetables
Get the nutrients your body needs by eating a variety of colors, in various ways. Try blue, red, or black berries; red and yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, or 100 percent juice options.



6 don't forget dairy
Foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) help to build and maintain strong bones needed for everyday activities.

7 balance your meals
Use MyPlate as a reminder to include all food groups each day. Learn more at www.ChooseMyPlate.gov.

8 drink water
Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

9 know how much to eat
Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors. Use SuperTracker to determine your calorie needs, plan a diet that's right for you, and track progress toward your goals. Learn more at www.SuperTracker.usda.gov.

10 reach your goals
Earn Presidential recognition for reaching your healthy eating and physical activity goals. Log on to www.presidentschallenge.org to sign up for the Presidential Active Lifestyle Award (PALA+).



January 2014 High School Menus



Breakfast \$1.45
Reduced Breakfast \$.30
Visitor Breakfast \$1.90
Extra Milk \$.35

Lunch \$2.35
Reduced Lunch \$.40
Visitor Lunch \$3.30

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Breakfast Options				
Select at least 3 items. One must be ●fruit or ●juice. The below breakfast options will be offered every other week on the day of the week listed. ●Breakfast Round, ●Butterscotch Bar & ●Assorted Cereal are daily breakfast bundles. ●Juice, ●fruit and ●milk offered daily.				
Week 1 (1/6,1/20) ●●Breakfast Pizza~	●● Breakfast Burrito~	●●Sausage Biscuit~	●●Maple Waffle	●●French Toast Sticks
Week 2 (1/13, 1/27) ●●Pancakes	●●Egg & Cheese in Pita~	●●Sausage Biscuit~	●●Chocolate Chip Waffle	●●Breakfast Bites~
Lunch Options				
Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free flavored ●milk is offered daily. We cannot guarantee all menu choices will be available for all students.				
6 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●General Tso Chicken & Rice	7 ●●Spicy Chicken on Bun ●●Breaded Chicken on Bun ●●Potato Puffs	8 ●●Quesadilla^ ●●Burrito ●Tortilla Chips ●●Refried Beans	9 ●●Chicken Nuggets ●●Chicken Sticks ●Green Beans	10 ●●Cheeseburger on Bun ●●Sloppy Joe on Bun ●Baked Fries
13 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●Popcorn Shrimp	14 ●●Buffalo Chicken on Bun ●●Corn-dog ●●Potato Wedges	15 ●●Soft Taco ●●Taco Burger ●Tortilla Chips ●●Spicy Beans	16 ●●Chicken Nuggets ●Green Peas	17 ●●Cheeseburger on Bun ●Potato Puffs
20 Martin Luther King, Jr. Day	21 ●●Spicy Chicken on Bun ●●Breaded Chicken on Bun ●●Baked Fries	22 ●●BBQ Rib Sandwich ●●BBQ Turkey Sliders ●●Celery Sticks ●●Baked Potato	23 ●●Chicken Nuggets ●●Steak Fingers ●●Golden Corn	24 ●●Cheeseburger on Bun ●●Ham & Cheese Pocket~ ●●Potato Wedges
27 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●Popcorn Shrimp	28 ●●Buffalo Chicken on Bun ●●Sloppy Joe on Bun ●●Potato Puffs	29 ●●Cheese Stuffed Breadsticks^ & Marinara Sauce ●●Baked Potato	30 ●●Chicken Nuggets ●●Country Beef Steak ●●Green Beans	31 ●●Cheeseburger on Bun ●●Breaded Fish on Bun ●●Baked Fries
Daily Entrée Choices				
●●Pizza, ●●Turkey Deli Sandwich, ●●Ham Deli Sandwich~, ●●PBJ Sandwich^, String Cheese^ & Fish Crackers, ●●Turkey Chef Salad, ●●Chef Salad^, ●●Hummus^ & Pita, ●●Yogurt^ & String Cheese^ with Pretzel				
Daily Side Choices				
●●Broccoli &Cauliflower Salad ●●Garden Salad ●●Lettuce & Tomato ●●Sandwich Toppings ●●Sliced Pears ●●Fresh Fruit	●●Fresh Carrots ●●Baked Beans ●●Lettuce & Tomato ●●Sandwich Toppings ●●Pineapple Tidbits ●●Fresh Fruit	●●Chocolate Chip Cookie ●●Spinach Dip ●●Broccoli & Cheese ●●Lettuce & Tomato ●●Sandwich Toppings ●●Sliced Peaches ●●Orange Juice	●●Dinner Roll ●●Mashed Potatoes ●●Lettuce & Tomato ●●Sandwich Toppings ●●Applesauce ●●Fresh Strawberries ●●Fresh Fruit	●●Cooked Carrots ●●Lettuce & Tomato ●●Sandwich Toppings ●●Tropical Fruit ●●Fresh Fruit

^Vegetarian ~Pork ~Menu Subject to Change

USDA is an equal opportunity provider and employer.



The five components for menu planning are:
● Grains ● Protein
● Fruit ● Vegetable
● Milk



Nutrition Services Office
973-2160
www.nutrition.usd259.org

Online Meal Application
www.nutrition.usd259.org



Prepay for School Meals
www.MyPaymentsPlus.com
1-866-736-9007