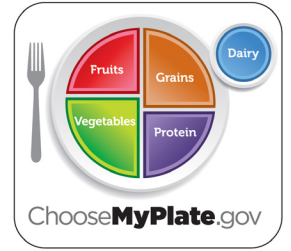


10 tips

Nutrition
Education Series

make celebrations fun, healthy & active



10 tips to creating healthy, active events

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1 make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2 make foods look festive

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

3 offer thirst quenches that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.

4 savor the flavor

Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

5 use ChooseMyPlate.gov to include foods from the food groups for your party

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

6 make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

7 try out some healthier recipes

Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

8 keep it simple

Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

9 shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10 be a cheerleader for healthy habits

It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.



February 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 (2/3, 2/17) ●●Breakfast Pizza~	●● Breakfast Burrito~	●●Sausage Biscuit~	●●Maple Waffle	●●French Toast Sticks
Week 2 (2/10, 2/24) ●●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.				
3 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●Teriyaki Chicken & Rice	4 ●●Spicy Chicken on Bun ●●Breaded Chicken on Bun ●●Potato Wedges	5 ●●Nachos^ ●●Burrito ●●Spicy Beans	6 ●●Chicken Nuggets ●●Green Peas	7 ●●Cheeseburger on Bun ●●Corndog ●●Potato Puffs
10 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork	11 ●●Buffalo Chicken on Bun ●●Grilled Chicken on Bun ●●Baked Fries	12 ●●Frito Chili Pie ●●BBQ Turkey Sliders ●●Celery Sticks ●●Baked Potato	13 ●●Chicken Nuggets ●●Fish Nuggets ●●Golden Corn	14 ●●Cheeseburger on Bun ●●Ham & Cheese Pocket~ ●●Potato Wedges
17 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●Popcorn Shrimp	18 ●●Buffalo Chicken on Bun ●●Corndog ●●Potato Wedges	19 ●●Quesadilla^ ●●Burrito ●●Tortilla Chips ●●Refried Beans	20 ●●Chicken Nuggets ●●Chicken Sticks ●●Green Beans	21 ●●Cheeseburger on Bun ●●Sloppy Joe on Bun ●●Baked Fries
24 ●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●Popcorn Shrimp	25 ●●Buffalo Chicken on Bun ●●Corndog ●●Potato Wedges	26 ●●Soft Taco ●●Taco Burger ●●Tortilla Chips ●●Spicy Beans	27 ●●Chicken Nuggets ●●Green Peas	28 ●●Cheeseburger on Bun ●●Potato Puffs
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

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

^Vegetarian ~Pork #A variety of toppings including pork and cheese

~~Menu Subject to Change



Nutrition Services Office
316-973-2160
www.nutrition.usd259.org
Prepay for School Meals
www.MyPaymentsPlus.com
1-866-736-9007

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