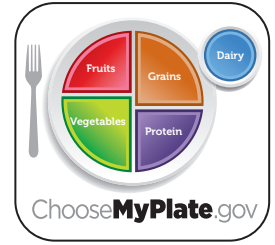


10 tips

Nutrition
Education Series

be an active family

10 tips for becoming more active as a family



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

May 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 (5/12) ●●Breakfast Pizza~	●● Breakfast Burrito~	●●Sausage Biscuit~	●●Maple Waffle	●●French Toast Sticks
Week 2 (5/5, 5/19) ●●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.				
	The five components for menu planning are: ● Grains ● Protein ● Fruit ● Vegetable ● Milk			
			●●Chicken Nuggets ●●Green Peas	●●Cheeseburger on Bun ●●Corndog ●●Potato Puffs
●●Delivery Pizza# #Variety of toppings including vegetarian and pork	●●Buffalo Chicken on Bun ●●Grilled Chicken on Bun ●●Baked Fries	●●Chili & Tortilla Chips ●●BBQ Turkey Sliders ●●Celery Sticks ●●Baked Potato	●●Chicken Nuggets ●●Fish Nuggets ●●Golden Corn	●●Cheeseburger on Bun ●●Ham & Cheese Pocket~ ●●Potato Wedges
●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●General Tso Chicken & Rice	●●Breaded Beef Patty on Bun ●●Breaded Chicken on Bun ●●Potato Puffs	●●Quesadilla^ ●●Burrito ●●Tortilla Chips ●●Refried Beans	●●Chicken Nuggets ●●Chicken Sticks ●●Green Beans	●●Cheeseburger on Bun ●●Sloppy Joe on Bun ●●Baked Fries
●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●Popcorn Shrimp	●●Buffalo Chicken on Bun ●●Corndog ●●Potato Wedges	●●Soft Taco ●●Taco Burger ●●Tortilla Chips ●●Spicy Beans	●●Chicken Nuggets ●●Green Peas	Nutrition Services Office 316-973-2160 www.nutrition.usd259.org
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 ●●Fruit Cocktail ●●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

USDA is an equal opportunity provider and employer.

~~Menu Subject to Change



Free Meals During the Summer

Nutrition Services participates in the USDA Summer Food Service Program that provides free meals, that meet Federal nutrition guidelines, to all children 18 years old and under. For information on the sites where free meals are available, check out www.nutrition.usd259.org.