

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 2019

Sallie B. Howard School

				Friday, February 1
				Chicken Biscuit, Fruit, Juice, Milk
				Turkey Corndog
				Baby Carrots Fruit 1% or Skim Chilled Milk
Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7	Friday, February 8
Fruit Muffin, Eggs Fruit, Juice, Milk	Grits, Turkey Bacon, eggs, fruit, Juice, Milk	Bagel, Eggs, yogurt, Fruit, Juice, Milk	Cereal, pop tart, Fruit, Juice, Milk	Egg, cheese burrito, turkey sausage, Fruit, Juice, Milk
Oven Fried Chicken w/mash potatoes	*Cheeseburger on Bun	Mac & Cheese w/ Teriyaki Chicken wings	Turkey and Cheese Hoagie	Chicken Patty on Bun
Buffalo Chicken Salad	Turkey Hotdog w/Beef Chili	General TSO Chicken w/ Rice	Mozzarella Sticks	*Beef Nachos
Golden Corn Chilled Pears Fresh Fruit 1% or Skim Chilled Milk	Vegetarian Beans Crispy Fries Chilled Pineapples Fresh Fruit 1% or Skim Chilled milk	Steamed Cabbage Honey glazed Carrots Chilled Applesauce, Fresh Fruit 1% or Skim Chilled Milk	Seasoned Curly Fries Chicken Noodle Soup Fresh Fruit Dried Fruit 1% or Skim Chilled Milk	Spinach Black Beans Fruit Salad Fresh Fruit 1% or Skim Chilled milk
Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15
Oatmeal/Apple Strudel, Fruit, Juice, Milk	Breakfast Pizza, Fruit, Juice, Milk	Hash Brown, Eggs, Fruit, Juice, Milk	Maple pancakes, fruit, juice, milk	Egg and Cheese Biscuit, fruit, juice, milk
Chicken Nuggets w/ Rice	Beef Chili w/Corn Bread muffin	Roasted Turkey w/ Rice	Cheeseburger on Bun	Turkey Pepperoni Pizza
Grilled Cheese & Beef/Veg Soup	Chicken Noodle w/ Crackers	Salisbury Steak w/ Gravy	Grilled Cheese and Waffle fries	Cheese Pizza
Sweet Potatoes Fruit Salad, Fresh Fruit 1% or Skim Chilled Milk	Spinach Tossed Salad Chilled Mixed fruit Fresh Fruit, 1% or Skim Milk	Mashed Potatoes Okra Dried Fruit, Fresh Fruit 1% or Skim Chilled Milk	Green Beans, Steamed Broccoli Chilled peaches Fresh Fruit, 1% or Skim Chilled Milk	Crispy Fries Black eye peas Caesar Salad Chilled Mixed fruit Fresh Fruit, 1% or Skim Milk
Monday, February 18	Tuesday, February 19	Wednesday, February 20	Thursday, February 21	Friday, February 22
Toast, eggs, Turkey sausage, Fruit, Juice, Milk	Cinnamon Roll, Eggs, Fruit, Juice, Milk	Pancake Turkey Sausage dog, Fruit, Juice, Milk	Potato Rounds, eggs, Fruit, Juice, Milk	Hot Cereal, Turkey Sausage, fruit, juice, milk
Chicken Tenders & Waffles	Chicken Hard Taco w/ cheese	Chicken Alfredo w/Roll	Cheeseburger on Bun	Spaghetti w/ Sauce/ Corn-bread muffin
Grilled Cheese and Potato Soup	Beef Hard Taco w/cheese	Corn Dog Nuggets	Beef Ribs w/ Roll	BBQ Chicken w/rice
Green Beans Steamed Broccoli Chilled peaches, Fresh Fruit 1% or Skim Chilled Milk	Tossed Salad, Pinto Beans Applesauce, Churros Fresh Fruit, 1% or Skim Chilled Milk	Spinach Steamed Broccoli Mandarin Oranges Fresh Fruit 1% or Skim Chilled Milk	Soup Sweet Potatoes Fruit Salad, Fresh Fruit 1% or Skim Chilled Milk	Caesar Salad Corn on Cob Dried Fruit, Fresh Fruit 1% or Skim Chilled Milk
Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28	
Egg, cheese burrito, turkey sausage, Fruit, Juice, Milk	Waffles, Eggs, Fruit, Juice, Milk	Grits, Turkey Bacon, eggs, fruit, Juice, Milk	Cereal, pop tart, Fruit, Juice, Milk	
Turkey and Cheese Hoagie	Oven Fried Chicken w/mash potatoes	Chicken Patty on Bun	Mac & Cheese w/ Teriyaki Chicken wings	
Mozzarella Sticks	Buffalo Chicken Salad	*Beef Nachos	General TSO Chicken w/ Rice	
Seasoned Curly Fries Chicken Noodle Soup Fresh Fruit Dried Fruit 1% or Skim Chilled Milk	Golden Corn Chilled Pears Fresh Fruit 1% or Skim Chilled Milk	Spinach Black Beans Fruit Salad Fresh Fruit 1% or Skim Chilled milk	Steamed Cabbage Honey glazed Carrots Chilled Applesauce, Fresh Fruit 1% or Skim Chilled Milk	

