

Families Making the Connection

Get Active as a Family

Being active offers benefits and opportunities for fun as a family! Physical activity builds strong bones and muscles and helps control weight. Children need 60 minutes of moderate to vigorous activity every day. For health benefits, adults need 30 minutes of moderate activity at least 5 days a week. It doesn't have to occur all at once. It all adds up!

Here are a few activities and steps that you and your family can consider to get started on a path to a healthier lifestyle:

- Give children toys that encourage physical activity like balls, hula hoops, and jump ropes.
- Encourage kids to join a sports team or try a new physical activity.
- Limit TV time and keep the TV out of a child's bedroom.
- Make a new house rule: no sitting still during TV commercials.
- Facilitate a safe walk or bike ride to and from school a few times a week.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Turn on some music and dance.
- Support students being active at school through PE, recess, Energizers, intramurals and other activities.
- Be creative and find ways to be active and have fun together.

January

- Family Fit Lifestyle Month
- National Fiber Focus Month
- National Soup Month
- Salt Awareness Week (January 27-31)

Source: www.letsmove.gov

Menus for January 2019

Sallie B. Howard Elementary Schools

				
Happy New Year!				
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
Teacher Workday!	Grits, Turkey Bacon, eggs, fruit, Juice, Milk Chicken Alfredo w/Roll Corn Dog Nuggets Spinach Steamed Broccoli Mandarin Oranges Fresh Fruit 1% or Skim Chilled Milk	Fruit Muffin, Eggs Fruit, Juice, Milk Spaghetti w/ Sauce/ Corn-bread muffin BBQ Chicken w/rice Caesar Salad Corn on Cob Dried Fruit, Fresh Fruit 1% or Skim Chilled Milk	Honey Bun, Eggs, Fruit, Juice, Milk Cheeseburger on Bun Beef Ribs w/ Roll Soup Sweet Potatoes Fruit Salad, Fresh Fruit 1% or Skim Chilled Milk	Turkey sausage patty, biscuit, eggs, Fruit, Juice, Milk Chicken Tenders w/Roll Grilled Cheese and Potato Soup Green Beans Steamed Broccoli Chilled peaches, Fresh Fruit 1% or Skim Chilled Milk
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Cinnamon roll, Eggs, fruit, juice, milk Oven Fried Chicken w/mash potatoes Buffalo Chicken Salad Golden Corn Chilled Pears Fresh Fruit 1% or Skim Chilled M	Egg and Cheese Biscuit, fruit, juice, milk *Cheeseburger on Bun Turkey Hotdog w/Beef Chili Vegetarian Beans Crispy Fries Chilled Pineapples Fresh Fruit 1% or Skim Chilled milk	Hot Cereal, Turkey Sausage, fruit, juice, milk Mac & Cheese w/ Teriyaki Chicken wings General TSO Chicken w/ Rice Steamed Cabbage Honey glazed Carrots Chilled Applesauce, Fresh Fruit 1% or Skim Chilled Milk	Grits, Turkey Bacon, eggs, fruit, Juice, Milk Turkey and Cheese Hoagie Mozzarella Sticks Seasoned Curly Fries Chicken Noodle Soup Fresh Fruit Dried Fruit 1% or Skim Chilled Milk	Bagel, Eggs, yogurt, Fruit, Juice, Milk Chicken Patty on Bun *Beef Nachos Spinach Black Beans Fruit Salad Fresh Fruit 1% or Skim Chilled milk
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
MLK Holiday! No School	Cinnamon glazed French toast eggs, fruit, Juice, Milk Chicken Nuggets w/ Rice Grilled Cheese & Beef/Veg Soup Sweet Potatoes Fruit Salad Fresh Fruit 1% or Skim Chilled Milk	Breakfast Pizza, Fruit, Juice, Milk Beef Chili w/Corn Bread muffin Chicken Noodle w/ Crackers Spinach Tossed Salad Chilled Mixed fruit Fresh Fruit, 1% or Skim Milk	Oatmeal/Apple Strudel, Fruit, Juice, Milk Turkey Pepperoni Pizza Cheese Pizza Crispy Fries Black eye peas Caesar Salad Chilled Mixed fruit Fresh Fruit, 1% or Skim Chilled	Cereal, pop tart, Fruit, Juice, Milk Roasted Turkey w/ Rice Salisbury Steak w/ Gravy Mashed Potatoes Okra Dried Fruit, Fresh Fruit 1% or Skim Chilled Milk
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	
Banana bread, Eggs., Fruit, Juice, Milk Chicken Alfredo w/Roll Corn Dog Nuggets Spinach Steamed Broccoli Mandarin Oranges Fresh Fruit 1% or Skim Chilled Milk	Toast, Turkey sausage, 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	Hash Brown, Eggs, Fruit, Juice, Milk Spaghetti w/ Sauce/ Corn-bread muffin BBQ Chicken w/rice Caesar Salad Corn on Cob Dried Fruit, Fresh Fruit 1% or Skim Chilled Milk	Grits, Turkey Bacon, eggs, fruit, Juice, Milk Cheeseburger on Bun Beef Ribs w/ Roll Soup Sweet Potatoes Fruit Salad, Fresh Fruit 1% or Skim Chilled Milk	



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