

# Nutrition and Fitness

The winning recipe for a healthy lifestyle includes a combination of both good nutrition and physical activity. Your body needs a variety of nutrient rich foods to grow and prevent illness. And your body also needs to move and exercise every day.

Key things you need to know about leading a healthy lifestyle are:

- Eat a healthy diet that includes fruits, vegetables and whole grain products
  - Control portion sizes and never "supersize"
  - Get active for at least 60 minutes, five times a week for ages 6-18
- Avoid tobacco and illegal drugs all together

Well-nourished students have higher test scores, increased school attendance, improved concentration, and improved classroom behavior. Students, who are physically fit, sleep better and are better able to handle the physical and emotional challenges that they encounter during the day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Honey Ribb-Q On Wheat Bun 50/50 WG Pepperoni or Cheese Pizza Crispy Chicken Salad	Chicken Patty Sandwich Teriyaki Dippers Over Rice Taco Salad	<b>SACK LUNCH</b>	Honey Glazed Chicken Drumstick W/Mashed Potatoes 100% Beef Hamburger Chef Salad	Hot Dog with Potato Smiles Garlic Cheese Toast W/ Marinara Sauce Fruit & Yogurt Parfait
Chicken Tenders W/ Potato Smiles 50/50 WG Pepperoni or Cheese Pizza Taco Salad	Spaghetti and Meat Sauce W/ Dinner Roll Cheesy Bean Burrito Ham & Cheese Sandwich	<b>SACK LUNCH</b>	Mini Cheese Burger Sliders Italian Dunkers w/ Marinara Sauce Ham & Cheese Sandwich	WG Corn Dog w/ Potato Smiles Macaroni and Cheese W/ WG Dinner Roll Fruit & Yogurt Parfait
		<b>We Offer a Fresh Fruits and Vegetable Salad Bar Daily</b>  <b>**Seasonal Fruits &amp; Vegetables When Available</b>		1% White Milk Non Fat Flavored Milk  *Menu Subject To Change
Garden Salad Apples Oranges Green Beans X-Ray Vision Carrots	Caesar Salad Apples Oranges Cherry Tomatoes Corn	<b>Apples</b> <b>Oranges</b>	Caesar Salad Apples Oranges Fresh Broccoli Celery Sticks X-Ray Vision Carrots	Garden Salad Apples Oranges Cherry Tomatoes Green Peas Broccoli Florets