

# March 2017

Mon	Tue	Wed	Thu	Fri
<b>MARDI GRAS</b>	<b>MARDI GRAS</b>	<b>ASH WED. 1</b>	<b>2</b>	<b>LENT 3</b>
<b>Choice of Milk</b> 1% Low Fat Fat Free Strawberry & Chocolate  <b>Menus Subject to Change</b>	<b>Notification:</b> Peanuts/Peanut Butter are not used in our meals. However, some products may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.	Cheese Nachos Salsa, J. Peppers Green Beans 1/4 Sweet Pot. /Yams 1/2 Applesauce 1/2 Add. Fruit H.S. 1/2 WW Cinnamon Roll	Hamburger WW Hamburger Bun Pinto Beans 1/2 French Fries 1/2 Fruit Choice 1/2 Add. Fruit H.S. 1/2 WW Dessert Choice	Cheese Pizza Broccoli 1/2 Glazed Carrots 1/4-1/2 Fruit Choice 1/2 Add. Fruit H.S. 1/2 WW Pizza Crust (H.S. 2 oz.)
6	7	8	9	<b>LENT 10</b>
Beef Finger Steaks Whole Kernel Corn 1/2 Popeye Salad 1/4-1/2 Strawberry F. Cup 1/2 Add. Fruit H.S. 1/2 WW Yeast Roll	Hot Dog, Chili, WW Hot Dog Bun Baby Carrots 1/2 Dip for Carrots Tator Tots/Fries 1/2 Peach Slices 1/2 Add. Fruit H.S. 1/2 WW Dessert Choice	Nachos Grande M/C/JP/SC Salsa 1/4-1/2 Mexican Beans 1/2 Pineapple Tidbits 1/2 Add. Fruit H.S. 1/2 WW Cinnamon Roll	Chicken Stew/Gumbo Brown Rice 1/2 Red Beans 1/2 Must. Greens 1/4-1/2 Baked Apples 1/2 Add. Fruit H.S. 1/2 WW Cornbread	Baked Potato 1/2 Cheese Sauce/SC/BB Broccoli 1/4-1/2 Fruit Choice 1/2 Add. Fruit H.S. 1/2 WW Yeast Roll
13	14	15	16	<b>LENT 17</b>
<b>Teacher In Service</b>  <b>NO SCHOOL</b>	Chicken Nuggets Sweet Potato OR Sweet Potato Fries 1/2 Green Beans 1/4-1/2 Applesauce 1/2 Additional Fruit HS 1/2 WW Yeast Roll	Salisbury Steak, G. Whipped Potatoes 1/2 Black Eye Peas 1/2 Peach Slices 1/2 Add. Fruit HS 1/2 WW Yeast Roll	Meat Choice, Gravy Brown Rice 1/2 Steamed Broccoli 1/2 Cheese Sauce Baby Carrots 1/4-1/2 Apple Slices 1/2 Add. Fruit HS 1/2 WW Yeast Roll	Fish Portion WW Hamburger Bun IB Lettuce 1/4-1/2 Tomato Slices 1/4 Cucumber Sticks 1/4 Fruit Mix 1/2 Add. Fruit HS 1/2 WW Dessert Choice
20	21	22	23	<b>LENT 24</b>
Fiesta Soft Taco M/C/JP/SC Salsa 1/4 Pinto Beans 1/2 Sweet Kernel Corn 1/4 Peach Slices 1/2 Add. Fruit HS 1/2	Hamburger WW Hamburger Bun Tomato Slices 1/8-1/4 IB Lettuce 1/4 French Fries 1/2 Seasonal Fruit 1/2 Add. Fruit HS 1/2 WW Cookie Choice	Quesadilla Turkey Taco Filling Cheese/SC/JP Salsa 1/4 Sweet Potato 1/2 Cucumber Slices 1/4 Applesauce 1/2 Add. Fruit HS 1/2 WW Cinnamon Roll	Chic' Penne Pasta (1 1/2 cup serving) Sweet Peas 1/2 IB Lettuce 1/4-1/2 Pineapple Tidbits 1/2 Add. Fruit HS 1/2 WW Yeast Roll	Cheese Pizza Steamed Broccoli 1/2 Baby Carrots 1/4-1/2 Seasonal Fruit 1/2 Add. Fruit HS 1/2 WW Pizza Crust (H S 2 oz.)
27	28	29	30	<b>LENT 31</b>
Italian Meat Sauce WG Spaghetti 1/2 Lima Beans 1/2 Dark Greens 1/4-1/2 Pineapple Tidbits 1/2 Add. Fruit HS 1/2 WW Garlic Roll	Beef Finger Steaks, G Whipped Potatoes 1/2 Black Eye Peas 1/2 Peach Slices 1/2 Add. Fruit HS 1/2 WW Yeast Roll	Nachos Grande M/C Jalapeno Peppers 1/4 IB Lettuce 1/4-1/2 Diced Tomatoes 1/4 Fruit Mix 1/2 Add. Fruit HS 1/2 WW Cinnamon Roll	Baked Chicken, G. Brown Rice 1/2 Steamed Broccoli 1/2 Cheese Sauce Baby Carrots 1/4-1/2 Apple Slices 1/2 Add. Fruit HS 1/2 WW Yeast Roll	Grilled Cheese Sand. Vegetable Soup 1/2 G. Yams/Patties 1/2 Seasonal Fruit 1/2 Add. Fruit HS 1/2 WW Dessert Choice



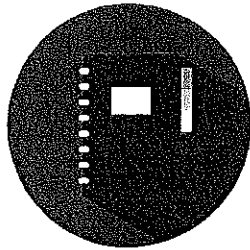
United States Department of Agriculture



MyPlate  
MyWins

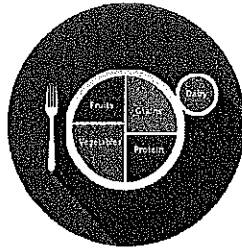
# Meal planning made easy

Planning healthy meals ahead of time can help you stick to a healthy eating style. If you're new to meal planning, start small and work up to more.



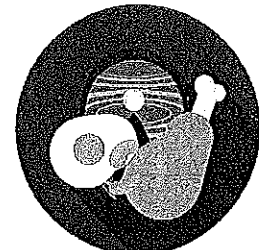
## Map out your meals

Outline meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks too!



## Find Balance

If you have veggies, dairy, and protein at one meal, include fruit and grains in the next to cover all 5 food groups.



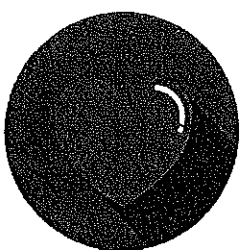
## Vary protein foods

Choose a variety of protein foods throughout the week. If you have chicken one day, try seafood, beans, lean meat, or eggs other days.



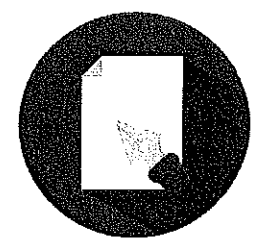
## Make a grocery list

Start by listing ingredients for meals you plan to make. Cross off items you already have on hand.



## Love your leftovers

Prepare enough of a dish to eat multiple times during the week. Making leftovers part of your plan can save money and time.



## List more tips

---

---

---

---

MPMW Tipsheet No. 2



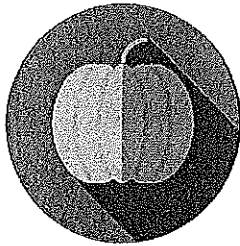
United States Department of Agriculture



MyPlate  
MyWins

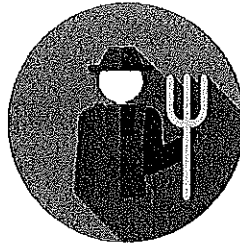
# Enjoying local foods

Enjoy local foods and flavors as part of your healthy eating style.  
Choose foods from local farms or grow your own garden.



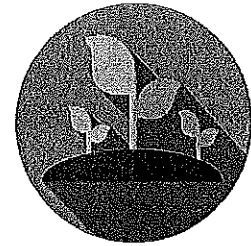
### Try something new

Find fruit and veggies that aren't in a grocery store at a farm stand or farmers market. Challenge yourself with a new ingredient.



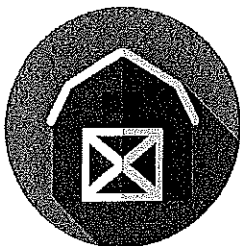
### Ask for tips

Not sure how to prepare it? Farmers know delicious ways to use their products and are a great resource for food prep tips and recipes.



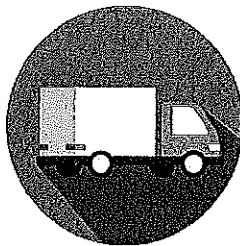
### Grow your own food

Get the family involved with gardening. Start small with a window herb box or plant fruits and vegetables in a container or the yard.



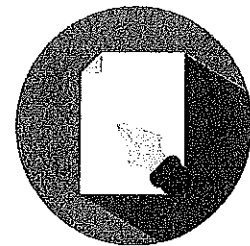
### Visit a farm

Go with friends or family to a "pick-your-own" farm or orchard. Get active while learning where your food comes from.



### Get it delivered

Short on time? Produce delivery services can be found in most States. Sign up to get farm-fresh ingredients delivered to your door.



### List more tips

---

---

---

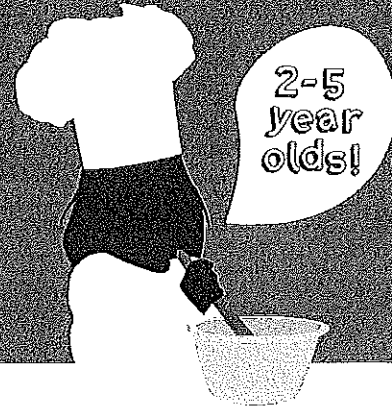
---

MPMW Tipsheet No. 3

# Kitchen Activities

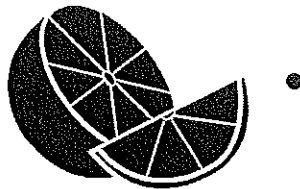
Get your preschooler to try new foods by having them help you in the kitchen. Kids feel good about doing something "grown up." Give them small jobs to do. Praise their efforts. Children are less likely to reject foods that they help to make.

As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.



## At 2 years:

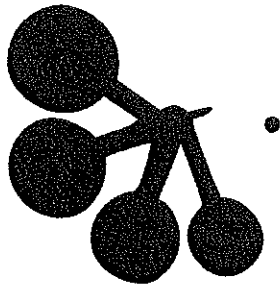
- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Tear lettuce or greens
- Help "read" a cookbook by turning the pages
- Make "faces" out of pieces of fruits and vegetables
- Rinse vegetables or fruits
- Snap green beans



## At 3 years:

All that a 2-year-old can do, plus:

- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir pancake batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza



## At 4 years:

All that a 3-year-old can do, plus:

- Peel eggs and some fruits, such as oranges and bananas
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads



## At 5 years:

All that a 4-year-old can do, plus:

- Measure liquids
- Cut soft fruits with a dull knife
- Use an egg beater