



Celebrate Food Fitness and Fun!

Traditionally, when people try to "get healthier" they simply go on a "diet". This typically lead to feelings of deprivation and for children, diets can impede healthier growth and development. Restrictive eating without exercise can lead to muscle loss, which only reduces the number of calories you need to sustain your weight and makes you weaker.

Daily, healthy living should be a fun and enjoyable experience. It requires a balance of healthy eating coupled with daily activity. It's not about a restrictive diet and painful exercise. It means learning to fill your plate with a variety of protein-rich foods, fruits and vegetables and moderate portions of grains that are all filled with flavor.

It means finding one or more activities you enjoy and accumulating at least 60 minutes of movement in your daily life. If you don't like to run, don't run. If you like to dance, then dance! To keep exercise fun, create a schedule and rotate activities throughout the days of the week.

For example, maybe you walk on Monday, Wednesday and Friday, dance on Tuesday, ride a stationary bike on Thursday and Saturday and leave Sunday open for whatever you choose to do that day. Achieving fitness does require creating a plan, but it should be a plan that you and your family find enjoyable. When things are fun you tend to return to them day after day.



odexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplayground.com

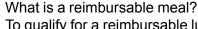
BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		May 1 Cereal Goldfish Cracker Milk Juice	May 2 Cereal Goldfish Cracker Milk Juice	May 3 Cereal Goldfish Cracker Milk Juice
May 6	May 7	May 8	May 9	May 9
Cereal	Cereal	Cereal	Cereal	Cereal
Goldfish Cracker	Goldfish Cracker	Goldfish Cracker	Goldfish Cracker	Goldfish Cracker
Milk	Milk	Milk	Milk	Milk
Juice	Juice	Juice	Juice	Juice
May 13	May 14	May 15	May 16	May 17
Cereal	Cereal	Cereal	Cereal	Cereal
Goldfish Cracker	Goldfish Cracker	Goldfish Cracker	Goldfish Cracker	Goldfish Cracker
Milk	Milk	Milk	Milk	Milk
Juice	Juice	Juice	Juice	Juice
May 20	May 21	May 22	May 23	May 24
Cereal	Cereal	Cereal	Cereal	Cereal
Goldfish Cracker	Goldfish Cracker	Goldfish Cracker	Goldfish Cracker	Goldfish Cracker
Milk	Milk	Milk	Milk	Milk
Juice	Juice	Juice	Juice	Juice

Fresh Pick Recipe

RICE WITH LEMONY CUCUMBER SAUCE

- 2 cup Rice(preferably brown/cooked according to package directions)
- 1 ½ cup Plain yogurt(non fat)
- 1 cup Cucumber(medium dice)1 T Lemon Juice
- 1/2 t Lemon zest
- 2 t dry mint
- · Salt and pepper to taste
- 1. Prepare all ingredients as directed.
- In a small bowl add the yogurt, cucumber, lemon juice, zest, mint and salt and pepper to taste.
- 3. Serve rice with a healthy portion of the sauce on the side.



To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.



