



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>Student Lunch Price - \$2.25 Reduced Lunch Price - \$.40 Free & Reduced Applications are available at your school office, or call the Food Service Office @ 248-823-5089</p>  <p>Green Items on menu are Vegetarian Options</p>  <p>Move it Monday... Jump Start Your Week</p>	<p>1. 1. Stuffed Crust Pizza (Pepperoni or Cheese) or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Crunchy Carrots Visit the Garden Bar</p>	<p>2. 1. Whole Grain Pancakes w/ Sausage or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Applesauce Visit the Garden Bar</p>	<p>3. 1. Cheese Filled Bosco Breadstick w/Sauce or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Chicken Noodle Soup Visit the Garden Bar</p>	
<p>6.  1. French Toast Sticks w/Warm Syrup or 2. Grilled Cheese Bagel Melt Or 3. Student Salad w/Cheese Stick Yogurt</p> <p>Visit the Garden Bar</p>	<p>7. 1. Chicken Nuggets Or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Baked Cheeze-it Visit the Garden Bar</p>	<p>8. 1. Individual Round (Pepperoni or Cheese) Or 2. Grilled Cheese Bagel Melt Or 3. Student Salad w/Cheese Stick</p> <p>Crunchy Carrots Visit the Garden Bar</p>	<p>9. 1. Country Fried Steak w/Mashed Potatoes or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Golden Corn Niblets Visit the Garden Bar</p>	<p>10. 1. Turkey Hot Dog w/Optional Chili or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Potato Smiles Visit the Garden Bar</p>
<p>13.  1. Penne w/Marinara Sauce & Garlic Bread or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Steamed Green Beans Visit the Garden Bar</p>	<p>14. 1. Soft Shell Beef or Vegetarian Tacos or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Golden Corn Niblets Visit the Garden Bar</p>	<p>15. 1. Pizza (Pepperoni or Cheese) or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Crunchy Carrots Visit the Garden Bar</p>	<p>16. 1. Cheese Quesadilla or 2. Grilled Cheese Bagel Melt Or 3. Student Salad w/Cheese Stick</p> <p>Baked Kids Mix Visit the Garden Bar</p>	<p>17. 1. Baked Chicken Patty on a Bun or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Baked Tator Tots Visit the Garden Bar</p>
<p>20. No School</p> 	<p>21. No School</p> 	<p>22. 1. Italian Pizza (Pepperoni or Cheese) or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Crunchy Carrots Visit the Garden Bar</p>	<p>23. 1. Burger on a Bun – Plain or w/ Cheese or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Potato Smiles Visit the Garden Bar</p>	<p>24. 1. Whole Grain Grilled Cheese Or 2. Student Salad w/Cheese Stick</p> <p>Tomato Soup Visit the Garden Bar</p>
<p>27.  1. Nacho's Supreme or Cheese Nacho's or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Golden Corn Niblets Visit the Garden Bar</p>	<p>28. 1. Lasagna Roll-Up w/Garlic Bread or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p>  <p>Steamed Green Beans Visit the Garden Bar</p>	<p>29. 1. Stuffed Crust Pizza (Pepperoni or Cheese) or 2. Grilled Cheese Bagel Melt or 3. Student Salad w/Cheese Stick</p> <p>Crunchy Carrots Visit the Garden Bar</p>	<p>Student Lunch Consists of: Must choose 1 Entrée May choose up to 2 Sides May Choose 1 Milk (1% White or Chocolate or Fat-Free White)</p> <p>A La Carte Prices: Milk -\$.35/Juice - \$.50 Dasani Water - \$.50 Menu subject to change</p>	<p>Daily Variety Garden Bar Items Romaine & Spinach Mixed Greens Cherry Tomatoes, Cucumbers, Carrots & Celery Chick Peas Fresh & Canned Fruit "Fresh Pick of the Month Item" Beans</p>

In accordance with the Federal Law and U.S. Department of Agriculture (USDA) policy, no participant will be discriminated against because of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800)795-3272 or (202)720-6382. USDA is an equal opportunity provider and employer.

Join the Healthy Monday Campaign

Research results have indicated that people are more likely to change their behavior on Monday. For many people the beginning of the week is an ideal time to start an exercise program, improve their eating behaviors or quit smoking. This month we are encouraging all students to embrace Mondays and commit to becoming more active. This involves trying a variety of activities to help boost overall fitness, including walking, jumping rope, riding bikes, playing hopscotch and more.

my Mondays

We are encouraging families to embrace the Move It Monday's campaign. Move It Monday's is an international movement to help people improve their personal health with physical activity. It is an initiative of The Healthy Monday Campaigns, in association with the Johns Hopkins Bloomberg School of Public Health. The health benefits linked to physical activity include enhanced energy, better concentration, reduced risk of heart disease and diabetes, better weight management and a more positive mood. *Be more active today!*



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

www.liftoffsp playground.com



Nutrition • Achievement • Environment • Community • Activity

How can you improve your level of fitness? The FITT Principle



Frequency - how often you perform an activity. The general recommendation is to be active most days of the week.

Time - how long you perform the activity. For example, flexibility or stretching may take 10-30 seconds for each stretch, however for aerobic activity, or activity that gets your heart beating faster, 30 to 60 minutes is ideal.



Intensity - how hard you exercise during an activity. Heart rate is one way to gauge intensity during aerobic endurance activities. Target heart rates (THR) vary with age and level of fitness. Ask your doctor to help you determine your THR.



Type - the specific activity you chose to improve your fitness. For cardiovascular benefit and weight management, aerobic activities that use large muscle groups are best. This includes walking, swimming and biking.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>

The Fresh Pick of The Month is: Beans



Diets that include beans have been proven to reduce the risk of heart disease and certain cancers. Studies have shown that beans can also be useful when managing diabetes because they can reduce the risk of high blood pressure as well as be associated with weight loss.

The USDA recommends that people should eat more than three cups of beans each week in order to gain the maximum health benefits. Whether you enjoy them in a soup, in a casserole or in your favorite bowl of chili, beans are the perfect way to gain the essential nutrients needed for a healthy and energetic lifestyle.

Did you know that February is National Heart Health Month?

A healthy diet, exercise and a healthy lifestyle are the best ways to keep your heart in good shape! We are excited about the MyMondays campaign that was explained in the article above. It is never too early to help in getting your heart healthy! We encourage you to get out there and start exercising with your family and friends!

Samantha Mozdierz, MSA, R.D.