



When your student chooses school lunch, they have the opportunity to build a healthy meal by selecting from all the food groups below! Some students choose not to select from all food groups reducing their chances of getting a complete balanced meal. Please encourage your student to fill each section of their tray!

Build a Healthy Lunch

Protein

Grain

Milk

Remember to choose a fruit and/or vegetable!

Fruit

Vegetable

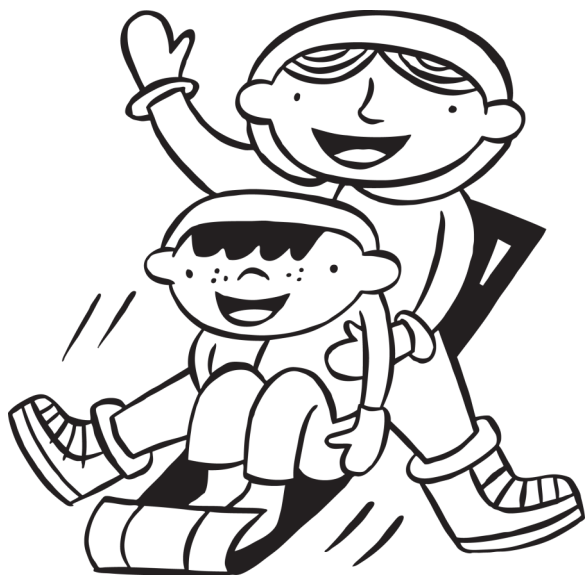


*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

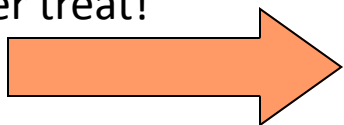


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It can be tough for kids to get the recommended 1 hour of physical activity every day during these cold winter months. Recent studies show that when parents are more active, kids are too! So make it a family affair! Pull on your hat and boots for a chilly evening walk instead of turning on the TV. Your body and mind will thank you!



Need an after-school snack? How about a snowman? Blueberries, pretzels, and a couple sprinkles or poppy seeds make bananas a festive winter treat!



Free and Reduced Priced Lunches:

Your child may qualify for this confidential benefit. Families can sign up any time during the school year. Call your child's school for an application.



Our school nutrition program is continuing our partnership with Let's Go!. This means our program is committed to helping students be ready to learn by providing nourishing, well balanced meals each day. We make regular improvements designed to better meet the needs and taste buds of every student. Visit www.letsgo.org for more information.



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