



St. Columbkille School

February 2010

NUTRITION FROM THE GROUND UP

NATIONAL NUTRITION MONTH-MARCH 2010

When it comes to a healthy lifestyle, start from the ground up.

Eat a variety of foods each day. Include fruits, vegetables, whole grains, low or nonfat dairy foods, lean meats, poultry, fish, beans and nuts in your diet.

Eat all the colors of the rainbow. Think color when choosing fruits and vegetables. By eating orange, yellow, red, green, blue and purple fruits and vegetables, you're sure to take advantage of the unique combination of vitamins and minerals that each has to offer. For example, Vitamin A (beta carotene) is found in yellow and orange varieties.

Make your calories count. Most of the foods you eat should be 'nutrient dense' foods as listed above. Save the calories you spend on less nutrient dense foods for those you really enjoy.

Take the time for family meals. Meals eaten together have both social and nutritional benefits for children. Kids develop social skills and studies show they have improved nutritional intake during family meals. Remember that you are always welcome to join your child for school lunch!

Get physical! Aim for at least 30 minutes of fun-filled activity every day.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Mozzarella Cheese Sticks/Pizza Sauce Celery Sticks Pears Sugar Cookie Milk	Chicken Drumstick Mashed Potatoes Grapes Biscuit Milk	<u>Breakfast for Lunch</u> Sausages Orange Juice Banana Waffle Sticks/Syrup Milk	(WG)	Nachos with Meat & Cheese Sauce Lettuce Salad Cinnamon Apple Slices Butterscotch Chip Cookie Milk
8	9	10	11	12
(WG)	(WG)	(WG)	(WG)	
Chili Cheese Max Wrap Lettuce Salad Pears Churro Milk	Sloppy Joe on Bun Corn Apple Chocolate Chip Cookie Milk	Chicken Nuggets Steamed Broccoli Frozen Peach Cup Whole Grain Dinner Roll Milk	Pepperoni Pizza Baby Carrots Mixed Fruit Raspberry Sherbet Milk	Turkey & Gravy Mashed Potatoes Orange Dinner Roll Milk



Whole Grain Menu Item


Menu is subject to change.





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Monday	Tuesday	Wednesday	Thursday	Friday
 15 NO SCHOOL Staff Development	16 (WG) Chipotle Chicken Breast Fillet on Bun Corn Apple Sugar Cookie Milk	17 (WG) Mozzarella Cheese Sticks/Pizza Sauce Baby Carrots Mixed Fruit Strawberry Gelatin Milk	18 Soft Shell Taco Lettuce Salad Peaches Trix Watermelon Yogurt Milk	19 Breakfast for Lunch Breakfast Wrap Hashbrowns Grapes Cinnamon Roll (WG) Milk
22 (WG) Hot Dog on Bun Potato Wedges Banana Trail Mix Milk	23 Macaroni & Cheese Celery Sticks Peaches Butterscotch Chip Cookie Milk	24 Chicken Teriyaki Bites Baby Carrots Pears Chicken Rice Milk	25 (WG) BBQ Meatballs on Bun Baked Beans Orange Brownie Milk	26 NO HOT LUNCH Purchase a Cheese Nachos Fun Lunch for \$1.00

Book of The Month

How To Teach Nutrition To Kids,
3rd Edition by Connie Liakos Evers,
M.S., R.D., 24 Carrot Press, 2006

This is a book for parents to use
in teaching children how to select
nutritious foods. Contains hundreds
of activities aimed at children ages
6-12.

*From The American Dietetic
Association Good Nutrition Reading
List



Fruit 'N Juice Breakfast Smoothie

Ingredients

- 1 Banana, very ripe, peeled, cut into chunks
- 3/4 cup Pineapple Juice
- 1/2 cup Vanilla Lowfat Yogurt
- 1/2 cup Strawberries

Directions

1. Blend banana, pineapple juice, yogurt and strawberries in blender until smooth.
2. Makes 2 servings.
3. Calories: 168 Fat: 1 gram
Protein: 4 grams Carb: 35 grams

(WG)

Whole Grain Menu Item

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