



# February 2018

## Ewing School Preschool Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Chicken Patty Whole Wheat Bun Peas Medium Banana Milk	<b>2</b> Whole Grain Cheese Pizza Corn Mandarin Oranges Milk
<b>5</b> NO PRESCHOOL	<b>6</b> Whole Grain Grilled Cheese Tomato Soup Tropical Fruit Milk	<b>7</b> Cheesy Chicken Rotini Mixed Vegetables Mandarin Oranges Milk	<b>8</b> Turkey and Cheese Wrap Green Beans Medium Banana Milk	<b>9</b> Whole Grain Cheese Pizza Baked Beans Mixed Fruit Milk
<b>12</b> NO PRESCHOOL	<b>13</b> Peanut Butter & Jelly On Whole Wheat Bread Baby Carrots w/Ranch Apple Slices Milk	<b>14</b> Meatloaf Patty Sweet Potato Fries Whole Grain Dinner Roll Craisins Milk	<b>15</b> BBQ Grilled Chicken Mixed Vegetables Medium Banana Whole Grain Biscuit Milk	<b>16</b> PARENT-TEACHER CONFERENCES NO SCHOOL
<b>19</b>  NO SCHOOL	<b>20</b> Whole Grain Chicken Nuggets Green Beans Pineapple Tidbits Milk	<b>21</b> Ham and Cheese on Whole Grain Bun Steamed Broccoli Peaches Milk	<b>22</b> Cod Fish Sticks Baked Beans Medium Banana Whole Grain Dinner Roll Milk	<b>23</b> Whole Grain Mozzarella Sticks Marinara Sauce Apple Slices Milk
<b>26</b> NO PRESCHOOL	<b>27</b> Cheeseburger on Whole Wheat Bun French Fries Craisins Milk	<b>28</b> Whole Grain Popcorn Chicken Peas Peaches Milk		



### February is Heart Month

Your heart is your most prized possession, take care of it by eating these top 12 foods that aid in heart health: Salmon, ground flaxseed, oatmeal, black and kidney beans, almonds, walnuts, tofu, tuna, brown rice, blueberries, spinach, and broccoli.

### Heart Healthy Exercises

These are the best exercises that will challenge your heart to work harder and thus become stronger: brisk walking, running, jumping jacks, swimming, and cycling. Experts recommend aerobic activity for at least 150 minutes per week. You can spread it out any way you want. For example, you can take a 22 minute walk every day or run 15 minutes 5 times a week.

