



February 2018

Ewing School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Patty Whole Wheat Bun Peas Sweet Potatoes Medium Banana Milk	2 Whole Grain Pepperoni and Cheese Calzone Garden Salad Corn Mandarin Oranges Milk
5 Salisbury Steak Mashed Potatoes Green Beans Diced Pears Whole Grain Cookie Milk	6 Whole Grain Grilled Cheese Tomato Soup Steamed Broccoli Tropical Fruit Milk	7 Cheesy Chicken Rotini California Blend Vegetables Mandarin Oranges Milk	8 Turkey and Cheese Wrap Carrots French Fries Medium Banana Milk	9 Whole Grain Stuffed Crust Pizza Garden Salad Baked Beans Mixed Fruit Milk
12 Whole Grain Pretzel Dog Tater Tots Baked Beans Peaches Milk	13 Peanut Butter & Jelly On Whole Wheat Bread Baby Carrots w/Ranch Green Beans Apple Slices Milk	14 Meatloaf Patty Sweet Potato Fries Corn Whole Grain Dinner Roll Craisins Milk	15 BBQ Grilled Chicken Mixed Vegetables Garden Salad Medium Banana Whole Grain Cookie Milk	16 PARENT-TEACHER CONFERENCES NO SCHOOL
19  NO SCHOOL	20 Whole Grain Chicken Nuggets Green Beans Carrots Pineapple Tidbits Milk	21 Ham and Cheese on Whole Grain Bun Steamed Broccoli Corn Peaches Milk	22 Cod Fish Sticks Baked Beans Green Beans Medium Banana Whole Grain Dinner Roll Milk	23 Whole Grain Mozzarella Sticks Marinara Sauce Peas Whole Grain Cookie Apple Slices Milk
26 Taco in a bag (Taco Meat, Doritos, Black Beans, Cheese, Lettuce, and Salsa) Mandarin Oranges Milk	27 Cheeseburger on Whole Wheat Bun French Fries Baby Carrots w/Ranch Craisins Milk	28 Whole Grain Popcorn Chicken Tater Tots Peas Whole Grain Graham Crackers 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.

