

Monday

Tuesday

Wednesday

Thursday

Friday



4

5

6

7

1

11

12

13

14

15

Teachers Institute

Teachers Institute

Muffin
Yogurt
Pears

Cereal
Applesauce

18

19

20

21

22

Poptart
String Cheese
Apricots

Cereal
Mandarin Oranges

Donut
Cheese Cubes
Pears

Muffin
Yogurt
Applesauce

Cereal
Pineapple

25

26

27

28

29

Nutri-Grain Bar
String Cheese
Mixed Fruit

Cereal
Peaches

Chocolate Chip
Granola Bar
Cheese Cubes
Pears

Muffin
Yogurt
Mandarin Oranges

Cereal
Applesauce

Federal guidelines recommend kids ages 6 to 17 engage in moderate to vigorously intense physical activity for roughly an hour each day. This should include mostly aerobic activities as well as some age-appropriate bone and muscle-strengthening activities, such as playground games, lifting weights, using resistance bands, running or jumping rope. (heart.org)

Monday

Tuesday

Wednesday

Thursday

Friday



4

5

6

7

1

11

12

13

14

15

Teachers Institute

Teachers Institute

Hot Dog on Bun
Fries
Baked Beans
Applesauce

Pizza
Corn
Apricots
Cookie

18

19

20

21

22

Hamburger on Bun
Fries
Baked Beans
Mandarin Oranges

Chicken Strips
Mashed Potatoes w/Gravy
Peas
Peaches

Bosco Sticks
Marinara
Green Beans
Applesauce

Tacos
Salsa
Salad
Corn
Pineapple

Cold Ham & Cheese
Chips & Salsa
Raw Veggie
Mixed Fruit

25

26

27

28

29

Chicken Patty on Bun
Sweet Potato Fries
Green Beans
Peaches

Salisbury Steak w/Gravy
Mashed Potatoes w/Gravy
Peas
Pears

Corn Dog Nuggets
Tater Tots
Baked Beans
Mandarin Oranges

Chicken Strips
Alfredo Pasta
Broccoli Cauliflower
Applesauce

Pizza
Corn
Mixed Fruit
Cookie

Cooking with your child is a great way to help them develop a strong knowledge base about good nutrition, meal planning and preparation, and incorporating how to read food labels. A lot of times, children are more likely to try new foods that they have a hand in preparing- so make trying new foods exciting and expand their horizons by getting your child in the kitchen and learning! (Actionforhealthykids.org)