



NUTRITION NEWSLETTER

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February is American Heart Month!

Age shouldn't limit when to begin practicing heart healthy habits. Heart disease is the leading cause of death in the US, but the good news is that it is preventable with healthy choices! This Valentine's Day give your heart some extra love!



Tip of the Month: Heart Healthy Choices

1. Choose Heart Healthy Foods. Oatmeal, fruit and vegetables, nuts, probiotic-rich yogurt, and even dark chocolate are some foods that naturally help lower your blood pressure!

Oatmeal is being served Monday February 4th for breakfast!

2. Put Down the Salt Shaker. It is recommended to limit sodium intake to less than 2,300 mg per day. Don't add salt to your water when cooking, use spices to season foods instead of salt, and be aware of the sodium in packaged foods you eat.

Your School Lunch limits sodium to less than 1,230 mg/day for K-8th grade, and 1,420 mg/day for 9-12th grade!

3. Avoid Trans Fat. Trans fat is known to increase your risk of developing cardiovascular diseases. It raises the "bad" cholesterol and lowers the "good" cholesterol in your body. Check nutrition labels for foods that contain 0% trans fat.

Your School Lunch does not serve foods that contain trans fat! In addition, saturated fat is limited to <10% calories!

4. Get Moving. The heart is a muscle too, so give it a work out! Get up and move throughout your day. Take the stairs or park a little further away in a parking lot to increase your daily steps. Children and adolescents should get at least 60 minutes of physical activity every day!

5. Rest. Make sleep a priority. Aim to get at least 7-8 hours of sleep every night. At the end of a busy day, take a 30 minutes to rest or practice meditation!

What's New on the Menu?

Chicken Teriyaki over Rice (02/07)

A traditional Asian-style dish with diced chicken breast marinated in a sweet and savory teriyaki sauce, served over rice.



Pizza Potato Wedges (02/13)

A fun twist to your original potato wedges! These are oven baked, seasoned potato wedges topped with pizza sauce and shredded mozzarella cheese!

They're Back!

Beef & Bean Enchilada (02/05)

In case you didn't get a chance to try them before, we're offering them again! Beef and Bean filled tortillas covered with cheese and a mild, red enchilada sauce.

We Want to Hear from YOU!

In order to make the Food and Nutrition department a success, we are going to need your feedback! What foods would you like to see on the menu? What topics would you like discussed in the newsletter? What did you think of new menu items?

Look for the Comment/Suggestion box on the district website and let us know your feedback!



Breakfast: \$1.80 (K-12) \$2.50 (Adult) \$0.30 (Reduced Price)
Lunch: \$2.25 (K-12) \$2.45 (6th-12th) \$3.70 (Adult) \$.40 (Reduced Price)