


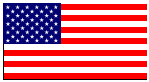







nrGBalance 12345

- 1 hour of physical activity each day
- 2 or less hours of screen time each day
- 3 meals each day
- 4 or more glasses of water or low/no calorie beverage each day
- 5 or more servings of fruits and veggies each day

May 2010



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|---|--|--|
| **All Salads are served with a variety of low fat dressing choices | **All breads served are whole grain (WG) | | May is National Physical Fitness & Sports Month | May 9-15 Food Allergy and Awareness Week | | 1 |
| 2 Elementary Alternate Entrée Baked Chicken Nuggets WG Roll | 3 Turkey Melt/WG Bread Baked Fries Fruit/Fruit Juices Low Fat Milk Choices | 4 Sloppy Joe/WG Bun Corn Fruit/Fruit Juices Low Fat Milk Choices | 5 Baked Breaded Chicken Mashed Potatoes/Gravy Fruit/Fruit Juices Low Fat Milk Choices | 6 Baked Italian Stromboli Fresh Salad Fruit/Fruit Juices Low Fat Milk Choices | 7 NO SCHOOL ACT 80 DAY  | 8 |
| 9 Mother's Day Elementary Alternate Entrée Pizza w/ WG Crust | 10 Cheeseburger/WG Bun Baked Fries Fruit/Fruit Juices Low Fat Milk Choices | 11 Turkey Scramble Mashed Potatoes/Gravy Fruit/Fruit Juices Low Fat Milk Choices | 12 Taco Salad Baked Corn Chips/Salsa Fruit/Fruit Juices Low Fat Milk Choices | 13 Hot Dog on WG Bun Baked Beans Fruit/Fruit Juices Low Fat Milk Choices | 14 Baked French Toast Sticks & Sausage Baked Hash Browns Fruit/Fruit Juices Low Fat Milk Choices | 15 |
| 16 Elementary Alternate Entrée Hamburger/WG Bun | 17 Meatball Hoagie on WG Bun Baked Fries Fruit/Fruit Juices Low Fat Milk Choices | 18 Chicken Wrap Green Beans Fruit/Fruit Juices Low Fat Milk Choices | 19 Hot Turkey on WG Bread Mashed Potatoes/Gravy Fruit/Fruit Juices Low Fat Milk Choices | 20 Chili & White Rice WG Roll Fruit/Fruit Juices Low Fat Milk Choices | 21 Macaroni & Cheese Peas WG Roll Fruit/Fruit Juices Low Fat Milk Choices | 22 |
| 23 Elementary Alternate Entrée Baked Cheese Quesadilla & Salsa | 24 Bacon Cheeseburger on WG Bun Baked Fries Fruit/Fruit Juices Low Fat Milk Choices | 25 Chef's Salad WG Roll Fruit/Fruit Juices Low Fat Milk Choices | 26 Salisbury Steak Mashed Potatoes/Gravy WG Bread Stick Fruit/Fruit Juices Low Fat Milk Choices | 27 Stuffed WG Crust Pizza Fresh Salad Fruit/Fruit Juices Low Fat Milk Choices | 28 Ham & Cheese on WG Bread Baked Tator Tots Fruit/Fruit Juices Low Fat Milk Choices | 29 |
| 30 | 31 NO SCHOOL MEMORIAL DAY  | Focus on fruits!  | Vary your veggies!  | Make 1/2 your grains whole!  | Go lean with protein!  | Get your calcium-rich foods!  |