

## Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) Aerobic Activity – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) Muscle Strengthening – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) Bone Strengthening – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffsplyground.com

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DEC 3 1. Breakfast Pizza 2. Filled Crescent 3. Cereal w/Cheese Stick	DEC 4 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	DEC 5 1. Egg & Cheese Sandwich 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	DEC 6 1. Pancakes Sausage Wrap 2. Chocolate Crescent 3. Cereal w/Cheese Stick	DEC 7 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
DEC 10 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	DEC 11 1. Egg & Cheese Sandwich 2. Mini Donuts 3. Cereal w/Cheese Stick	DEC 12 1. Pancake Sausage Wrap 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	DEC 13 1. Fruit & Yogurt Parfait w/Granola 2. Sausage Biscuit 3. Cereal w/Cheese Stick	DEC 14 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
DEC 17 1. Breakfast Pizza 2. Filled Crescent 3. Cereal w/Cheese Stick	DEC 18 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	DEC 19 1. Egg & Cheese Sandwich 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	DEC 20 1. Pancakes Sausage Wrap 2. Chocolate Crescent 3. Cereal w/Cheese Stick	DEC 21 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
DEC 25 WINTER BREAK	DEC 26 WINTER BREAK	DEC 27 WINTER BREAK	DEC 28 WINTER BREAK	DEC 29 WINTER BREAK
DEC 31 WINTER BREAK		MENU SUBJECT TO CHANGE	BREAKFAST AVAILABLE ONLY AT PARTICIPATING SCHOOLS	DAILY CHOICES ALSO INCLUDE FRESH & CANNED FRUITS, A VARIETY OF LOWFAT MILK & 100% JUICE

### Fresh Pick Recipe

#### BAKED BLUEBERRY & PEACH OATMEAL (SERVES 9)

- 3 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- 1 egg
- 1-1/4 cups fat-free milk
- 1/4 cup canola oil
- 1 tsp. vanilla extract
- 1 can (15 ounces) sliced peaches in juice, drained and chopped
- 1 cup fresh or frozen blueberries
- 1/3 cup chopped walnuts
- Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.
2. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve with additional milk if desired.

**NUTRITION FACTS:**  
277 calories, 11g fat,  
283mg sodium, 3g fiber

#### SCHOOL MEAL PRICES 2018-2019

Breakfast Full Pay: \$1.30, Adults: \$2.25      Breakfast Reduced: No Cost Grades PreK-5  
Lunch Full Pay: \$2.50, Adults: \$3.55      Lunch Reduced: No Cost Grades PreK-5  
No charge for extra fruits & vegetables with the purchase of a meal.

#### What is a Reimbursable Meal?

Students must select at least 3 of the 5 food groups, 1 of which MUST be a fruit or vegetable.



Scan to download the So Happy app from the App Store.



Nutrition Information is available upon request.

