

# Ell-Saline's Heart Healthy Lunches

 February 2012

Monday

Tuesday

Wednesday

Thursday

Friday



		<p>1 Grilled Chicken Wrap Lettuce &amp; Tomato Slices Seasoned Rice Baby Carrots Tropical Fruit Milk Choice</p>	<p>2 Country Steak Potatoes &amp; Gravy Green beans Orange Half Wheat Roll &amp; Jelly Milk Choice</p>	<p>3 Wear RED Day! Whole Grain Spaghetti with Meat Sauce Tossed Salad w/Spinach Diced Peaches Whole Grain Garlic Bread Milk Choice</p>	<div data-bbox="1627 349 2005 1526"> <h2>Staying Active</h2> <p>Tips to Keep Your Family Fit Break it Up: You don't have to do it all at once. Look for opportunities to get moderate or vigorous activity for 10 or 15 minutes several times a day. Walk the Walk: eat dinner as a family and then go for a walk. If the weather isn't cooperating, take a brisk walk around the mall</p> <p>UnGlue Yourself- Your kids won't like cutting back on screen time if they see you as the family couch potato. The best way to influence their behavior is to set a good example. As a family pick favorite shows, turn on the TV just for those shows and then turn it off afterwards.</p> <p>Tackle Chores: Do housework or Yard work together</p> <p>Good Heart Health Starts At home.</p> </div>
<p>6 Rib on a Bun Oven Fries Broccoli Florets Baked Beans Orange Slices Milk Choice</p>	<p>7 Chili &amp; Tortilla Chips Celery &amp; Cucumbers Apple Sauce Cinnamon Roll Milk Choice</p>	<p>8 French Toast Sliced Ham Warm Spicy Apples Tri Tater Baby Carrots Milk Choice</p>	<p>9 NO SCHOOL</p>	<p>10 Ell-Saline Lunches Daily feature many Heart Healthy items. Fresh Fruits and Veggies. Whole Grains And Low fat Proteins. NO SCHOOL</p>	
<p>13 Chicken Patty Potatoes &amp; Gravy Broccoli Florets Orange Slices Roll &amp; Jelly Milk Choice</p>	<p>14 Mac &amp; Cheese Little Smokies Sweet Peas Banana WW Bread Stick Milk Choice</p>	<p>15 Beef Fiestada Pizza Tortilla Chips &amp; Salsa Refried Beans Apple Quarters Pudding, Milk Choice</p>	<p>16 Ham &amp; Cheese Sub Lettuce &amp; Tomato Slices Tater Tots Baby Carrots Orange Slices Milk Choice</p>	<p>17 Lasagna Salad w/Fresh Spinach Diced Peaches Garlic Bread Chocolate Chip Cookie Bar Milk Choice</p>	
<p>20 Cheese Burger Lettuce &amp; Tomato Slices Lays Chips, Baby Carrots Orange Slices Milk Choice</p>	<p>21 Bean &amp; Beef Burrito Lettuce &amp; Salsa Sweet Corn Sliced Pears Banana Cake Milk Choice</p>	<p>22 Chicken &amp; Noodles Mashed Potatoes Green Beans Banana Wheat Roll &amp; Jelly Milk Choice</p>	<p>23 Sausage Pizza Salad w/Spinach Pineapple Chunks Garlic Bread Graham Snack Milk Choice</p>	<p>24 Steak Fingers Oven Fries Broccoli Florets Apple Quarters Bread Sticks Milk Choice</p>	
<p>27 Corn Dog Baked Beans Fresh Broccoli Orange Half Garlic Bread Milk Choice</p>	<p>28 Tostada Lettuce &amp; Salsa Sweet Corn Crisp Apple Quarters Bread Stick Milk Choice</p>	<p>29 Elem-Chicken Strips M/HS-Teriyaki Chicken Seasoned Rice Green Pepper Strips &amp; Baby Carrots Pineapple Chunks Brownie Milk Choice</p>	<p> Happy Valentines Day!</p>		