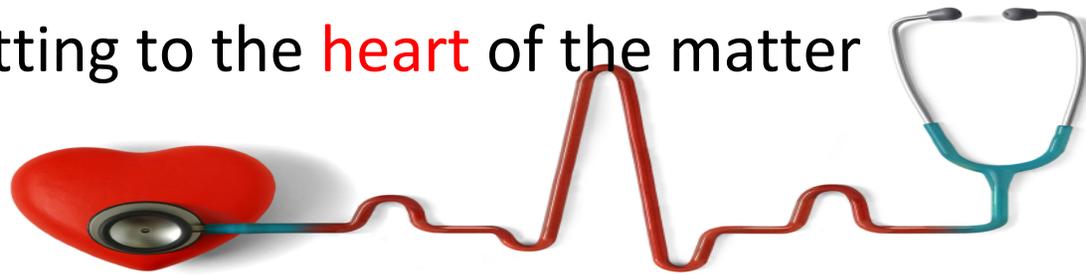


# February 2018

## School of Hope

Monday	Tuesday	Wednesday	Thursday	Friday	<p><b>SCHOOL OF HOPE</b></p> <p><b>**One Milk is included in all paid lunches</b></p> <p><b>Lunch Prices</b>            Students under 13 - \$2.35            Students 13 &amp; up - \$2.60            Extra Milk \$.35</p> <p><b>NO SCHOOL</b>            Monday, Feb. 19            President's Day</p> 
			1 Chicken Parmesan Sandwich Celery & Carrot Sticks w/Ranch Diced Pears	2 Hamburger w/Bun Fries Green Peas Apple Sauce	
5 Eggs & Sausage Sandwich Hash Browns Orange Juice	6 Tony's Cheese Pizza Salad Pears	7 Spaghetti w/Meatballs Bread Sticks Steamed Broccoli Diced Peaches	8 Grilled Cheese Tomato Soup Fruit Cocktail	9 Mashed Potato w/ Chicken Gravy Corn	
12 Meatball Sub Steamed Carrots Banana	13 PB & J Sandwich Chicken Noodle Soup Diced Pears	14 Salisbury Steak Mashed Potatoes w/ Beef Gravy Pineapple Tidbits	15 BBQ Pulled Pork Sandwich Baked Beans Spiced Apples	16 Tacos w Refried Beans Corn Fruit Cocktail	
19 No School	20 Hotdog w/ Bun Baked Beans Diced Peaches	21 Bosco Sticks w/Marinara Salad Fruit Cocktail	22 Chicken Chunks w/ Dipping Sauce Steamed Broccoli	23 Pancakes w/ Syrup Sausage Hash Browns Orange Juice	
26 Grilled Cheese w/ Tomato Soup Diced Pears	27 Pasta w/ Meat Sauce Bread Sticks Romaine Salad Apple Sauce	28 Sausage & Egg Sandwich Hashbrowns Orange Juice			

# Getting to the heart of the matter



Our hearts can't survive without love  
or a healthy lifestyle!  
National Heart Month  
every February



According to the American Heart Association, heart disease accounts for nearly one in every four deaths in the United States and is the No. 1 death in women in the United States. The good news is that most heart disease is preventable. Although there are risk factors that we cannot control like our family history, our age and gender, there are many factors that we can control. So, what can we control?

**You're never too young— or too old — to take care of your heart.** Preventing heart disease (and all cardiovascular diseases) means making smart choices now that will pay off the rest of your life. Lack of exercise, a poor diet and other unhealthy habits can take their toll over the years. Anyone at any age can benefit from simple steps to keep their heart healthy during each decade of life. Here's how: No matter what your age, everyone can benefit from a healthy diet and adequate physical activity.

**Choose a healthy eating plan.**The food you eat can decrease your risk of heart disease and stroke. Choose foods low in saturated fat, trans fat, and sodium.As part of a healthy, eat plenty of fruits and vegetables, fiber-rich whole grains, fish (preferably oily fish-at least twice per week), nuts, legumes and seeds and try eating some meals without meat. Select lower fat dairy products and poultry (skinless).Limit sugar-sweetened beverages and red meat. If you choose to eat meat, select the leanest cuts available.

**Be physically active.**You can slowly work up to at least 2½ hours (150 minutes) of moderate-intensity aerobic physical activity (e.g., brisk walking) every week or 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (e.g., jogging, running) or a combination of both every week. Additionally, 2 or more days a week you need muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest shoulders, and arms). Children should get at least 60 minutes of activity every day.



Because developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums, the American Dental Association sponsors National Children's Dental Health Month each February.

- \*Parents **MUST** assist and supervise with brushing and flossing; and with a child's food choices into adolescence.
- \*Take your child to the dentist every 6 months beginning at 12 months of age.
- \*Brush after breakfast and before bedtime everyday. Brushing after lunch or after school is good too. Floss before bedtime every night.
- \*Drink plain water between meals and after dinner; save the soda, sweet tea, fruit juices, Gatorade type products for meals only.
- \*Eat only healthy snacks (fresh fruits, vegetable, cheese) between meals and in the evening. Avoid sugars and starches as snack foods such as candy, chips, crackers, cookies, cakes, cereals, chewing gum, etc.
- \*Rinse with an anticavity fluoride rinse before bedtime every night starting at about age 6, if your child can rinse and spit reliably. Do not use if your child swallows any of the product.