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<td>NO SCHOOL!!</td>
<td>Breakfast: Biscuits &amp; Gravy Lunch: National Tat Tuesday! Chili &amp; Chips &amp; Tots Pepperoni or Cheese Pizza &amp; Tots Tuna Sub &amp; Tots Pupi Pizza Salad w/WG Roll &amp; Tots Includes Fruits, Vegetables &amp; Milk</td>
<td>Breakfast: Ham &amp; Cheese Muffin Sandwich Lunch: Cheesy Breadsticks w/Marinara Sauce Sandwich w/Chips Combo Munchable Beef Taco Salad w/Tortilla Chips Includes Fruits, Vegetables &amp; Milk</td>
<td>Breakfast: Mini Maple Waffles Lunch: BBQ Pork on a Bun Taco or Cheese Pizza Italian Sub Crispy Chicken Salad w/WG Roll Includes Fruits, Vegetables &amp; Milk</td>
<td>Breakfast: Homemade Muffin Square Lunch: Queso Blanco Macaroni Cheeseburger or Hamburger Sun Butter &amp; Jelly Sandwich Chicken Caesar Salad w/WG Roll Includes Fruits, Vegetables &amp; Milk</td>
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Which is Better - Fresh or Frozen Produce?

Frozen foods get a bad rap for being processed junk, but the truth is that some of the healthiest foods on the market are in the freezer section. As soon as a fruit or vegetable is picked, it begins to lose nutrients. By freezing fruits and veggies shortly after they're harvested, they’re allowed to fully ripen, which means they’re chock-full of vitamins, minerals and antioxidants, and freezing “locks in” many of their nutrients. Examination of frozen produce has revealed higher levels of antioxidants, including polyphenols, anthocyanins, lutein, and beta-carotene. Freezing also rarely destroys nutrients. In one report, the vitamin C content in fresh broccoli plummeted by more than 50% with a week, but dipped by just 10% over an entire year when frozen. In addition to the superior nutrient profile (because freezing preserves food), no unwanted additives are needed in bags of frozen goodies, like spinach and strawberries. In addition, most frozen fruit and veggies packages include single-word ingredient lists - simply the fruit or veggie itself. Finally, frozen produce requires no washing, peeling or chopping. This makes it super easy to add to any meal at home when time is limited.

Be Active for American Heart Month

It’s Heart Month and a perfect time to create a plan of daily exercise for yourself and your kids. Physical activity is good for children’s bodies. It promotes growth and development and should be encouraged throughout the day for younger children (ages 3 to 5). At least 60 minutes of activity a day helps older children and adolescents grow strong bones and muscles, build endurance and maintain a healthy weight. There’s mounting evidence that moderate to vigorous physical activity also helps boost children’s critical thinking skills, grade point averages and standardized test scores.

Plan time in your schedule for your children to engage in at least 60 minutes of physical activity each day. This amount of time can be done at once or accumulated with shorter chunks throughout the day. Try to select activities your kids enjoy. Consider jumping rope, playing hopscotch, throwing a frisbee, walking the dog, jogging, bike riding, etc. The key is to have fun so that activity becomes associated with positive experiences. Remember to also praise, reward and encourage your kids’ physical activity by providing the equipment and inspiration they need.

SCHOOL MEAL PRICES:

BREAKFAST: K-12 $1.75
LUNCH: REDUCED MEALS AT NO COST PAID: ELEMENTARY: $2.90  JR/SR High

Nutrition Information is available upon request.