

## Families Making the Connection

### Cutting Back on Salt and Sodium

Most of us have a taste for salt, but salt plays a role in high blood pressure. Your entire family can benefit from lowering sodium intake to less than 2,300 milligrams a day\* (about 1 teaspoon of salt). Try these tips:

**Think fresh.** Fresh foods tend to be lower in sodium than processed foods, like cured meats, ready-to-eat foods and cheesy foods. Choose these foods less often or eat smaller portions. Food labels can help—look for “low sodium”, “reduced sodium” or “no salt added” on the package or can.

**Take control.** Make more meals at home where you can control the amount of salt that goes into foods. Use spices, herbs, garlic, vinegar, lemon juice or no salt seasonings to enhance flavor. When eating out, request lower sodium foods. Ask for sauces and dressings on the side so you can use less.

**Fill up on fruits and veggies.** Both fresh and frozen varieties (without sauces) are smart choices. They are also high in potassium, which helps lower blood pressure.

**Pick dairy and protein foods with less sodium.** Choose fat free or low fat milk and yogurt in place of cheese. Select fresh meat, seafood and poultry over those with salt added, such as brined or marinated. Go for unsalted nuts and seeds.

Little by little, you can adjust your taste for salt. The natural tastes of foods will come alive!

## January

- Family Fit Lifestyle Month
- Salt Awareness Week (Jan 27th-Feb 2nd)



\* African Americans, individuals 51 years of age or older, and those with high blood pressure, diabetes or chronic kidney disease should reduce intake further to 1,500 mg a day.

**Monday, January 7**

Whole Grain Croissant  
Or  
Toasty O's Cereal  
Orange Juice or Apple Wedges  
Toast w/ Jelly  
**LUNCH**  
**CHOOSE ONE**  
Chicken Sandwich  
Baked Potato w/ Meat & Cheese w/ Roll  
**CHOOSE TWO**  
Green Beans  
Steamed Broccoli  
Orange Wedges  
Lettuce w/ Pickle Chips  
**CHOICE OF COLD MILK**

**Tuesday, January 8**

Waffle w/ Sausage Link  
Or  
Cheerios Cereal  
Grape Juice or Sliced Peaches  
Toast w/ Jelly  
**LUNCH**  
**CHOOSE ONE**  
Turkey Pasty w/ Roll  
Cheeseburger  
**CHOOSE TWO**  
Sweet Potato Fluff  
Pinto Beans  
Coleslaw  
Apple Wedges  
**CHOICE OF COLD MILK**

**Wednesday, January 9**

Scramble Eggs w/ Grits  
Or  
Cinnamon Toast Cereal  
Apple Juice or Orange Wedges  
Toast w/ Jelly  
**LUNCH**  
**CHOOSE ONE**  
Pepperoni Pizza  
Turkey Deli Sandwich  
**CHOOSE TWO**  
Steamed Corn  
Black eyed Peas  
Tossed Salad  
Peaches  
**CHOICE OF COLD MILK**

**Thursday, January 10**

Ham Biscuit w/ Oatmeal  
Or  
Toasty O's Cereal  
Orange Juice or Applesauce  
Toast w/ Jelly  
**LUNCH**  
**CHOOSE ONE**  
Bar-Q- Chicken w/ Roll  
Or  
Hotdog  
**CHOOSE TWO**  
Creamed Potatoes  
Steamed Collards  
Red Jell-O w/ Mixed Fruit  
Fresh Pears  
**CHOICE OF COLD MILK**

**Friday, January 11**

Grilled Cheese Sandwich  
Or  
Cheerios Cereal  
Apple Juice or Orange Wedges  
Toast w/ Jelly  
**LUNCH**  
**CHOOSE ONE**  
Fish Sticks w/ Cornbread  
Or  
Hot Ham and Cheese Sandwich  
**CHOOSE TWO**  
Oven Baked Fries  
Baked Beans  
Peaches  
Apple Wedges  
**CHOICE OF COLD MILK**

HAPPY  
NEW  
YEAR  
  
2013  
  
Ringing in  
the new year  
with  
Good  
Nutrition

**Wednesday, January 2**

Pancake N' Sausage  
Or  
Cheerios Cereal  
Toast w/ Jelly  
Orange Juice or Diced Pears  
**CHOICE OF COLD MILK**  
**LUNCH**  
**CHOOSE ONE**  
Cheese Pizza  
Sloppy Joe on School Made Bun  
**CHOOSE TWO**  
Green Beans  
Steamed Corn  
Orange Wedges  
Sliced Peaches  
**CHOICE OF COLD MILK**

**Thursday, January 3**

Sausage Biscuit w/ Oatmeal  
Or  
Toasty O's Cereal  
Apple Juice or Sliced Peaches  
Toast w/ Jelly  
**CHOICE OF COLD MILK**  
**LUNCH**  
**CHOOSE ONE**  
Vegetable Meat Soup w/ Grilled Cheese Sandwich or Hotdog  
**CHOOSE TWO**  
Sweet Potato Fluff  
Baked Beans  
Orange Jell-O w/ Pears  
Coleslaw  
**CHOICE OF COLD MILK**

**Friday, January 4**

Scramble Eggs w/ Grits  
Or  
Cinnamon Toast Cereal  
Applesauce or Grape Juice  
Toast w/ Jelly  
**CHOICE OF COLD MILK**  
**LUNCH**  
**CHOOSE ONE**  
Taco Salad w/ Chips  
Fish Sticks w/ Cornbread  
**CHOOSE TWO**  
Pinto Beans  
Baked Apples  
Sliced Peaches  
Cherry Tomatoes  
**CHOICE OF COLD MILK**

**Monday, January 7**

Whole Grain Croissant  
Or  
Toasty O's Cereal  
Orange Juice or Apple Wedges  
Toast w/ Jelly  
**LUNCH**  
**CHOOSE ONE**  
Chicken Sandwich  
Baked Potato w/ Meat & Cheese w/ Roll  
**CHOOSE TWO**  
Green Beans  
Steamed Broccoli  
Orange Wedges  
Lettuce w/ Pickle Chips  
**CHOICE OF COLD MILK**

**Tuesday, January 8**

Waffle w/ Sausage Link  
Or  
Cheerios Cereal  
Grape Juice or Sliced Peaches  
Toast w/ Jelly  
**LUNCH**  
**CHOOSE ONE**  
Turkey Pasty w/ Roll  
Cheeseburger  
**CHOOSE TWO**  
Sweet Potato Fluff  
Pinto Beans  
Coleslaw  
Apple Wedges  
**CHOICE OF COLD MILK**

**Wednesday, January 9**

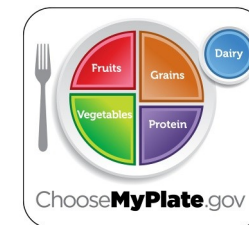
Scramble Eggs w/ Grits  
Or  
Cinnamon Toast Cereal  
Apple Juice or Orange Wedges  
Toast w/ Jelly  
**LUNCH**  
**CHOOSE ONE**  
Pepperoni Pizza  
Turkey Deli Sandwich  
**CHOOSE TWO**  
Steamed Corn  
Black eyed Peas  
Tossed Salad  
Peaches  
**CHOICE OF COLD MILK**

**Thursday, January 10**

Ham Biscuit w/ Oatmeal  
Or  
Toasty O's Cereal  
Orange Juice or Applesauce  
Toast w/ Jelly  
**LUNCH**  
**CHOOSE ONE**  
Bar-Q- Chicken w/ Roll  
Or  
Hotdog  
**CHOOSE TWO**  
Creamed Potatoes  
Steamed Collards  
Red Jell-O w/ Mixed Fruit  
Fresh Pears  
**CHOICE OF COLD MILK**

**Friday, January 11**

Grilled Cheese Sandwich  
Or  
Cheerios Cereal  
Apple Juice or Orange Wedges  
Toast w/ Jelly  
**LUNCH**  
**CHOOSE ONE**  
Fish Sticks w/ Cornbread  
Or  
Hot Ham and Cheese Sandwich  
**CHOOSE TWO**  
Oven Baked Fries  
Baked Beans  
Peaches  
Apple Wedges  
**CHOICE OF COLD MILK**



# Fit Foundations

## Roasted Vegetables

### Ingredients

- 1 medium green bell pepper, seeded and cut into 1/2 inch pieces
- 1 small red onion, cut into 1/2 inch pieces
- 1 pound sweet potatoes, cut into 1 inch cubes
- 8 ounces red potatoes, cut into 1 inch cubes
- 1 tablespoon olive or canola oil
- 1 teaspoon dried parsley
- 2/3 teaspoon garlic powder
- 1/2 teaspoon salt free seasoning
- Nonstick cooking spray

### Directions

- Place peppers, onions and potatoes in a large bowl.
- In a small bowl, mix oil, parsley, salt, garlic powder and salt free seasoning.
- Pour oil mixture over veggie mixture, and toss.
- Lightly spray a sheet pan with nonstick spray. Spread veggies evenly on a sheet pan.
- Bake for 20 minutes at 400° F. Reduce heat to 350° F, and cook for an additional 10 minutes.

## Families Eating Smart and Moving More



Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:

- Prepare and eat more meals at home.
- Tame the tube.
- Choose to move more every day.
- Right-size your portions.
- Re-think your drink.
- Enjoy more fruits and vegetables.
- Breastfeed your baby.



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Sources: www.choosemyplate.gov, www.recipesforkidschallenge.com

Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Waffle w/ Sausage link Or Toasty O's Cereal Apple Wedges or Orange Juice Toast w/ Jelly <b>CHOICE OF COLD MILK LUNCH</b> Hot Ham & Cheese Sandwich Or Chicken Sandwich <b>CHOOSE TWO</b> Lima Beans Steamed Carrots Lettuce w/ tomato Orange Wedges  <b>CHOICE OF COLD MILK</b>	Scramble Eggs w/ Grits Or Cinnamon Toast Cereal Apple Juice or Grapes Toast w/ Jelly <b>CHOICE OF COLD MILK LUNCH</b> Vegetable Meat Soup w/ Grilled Cheese Sandwich Or Hamburger <b>CHOOSE TWO</b> Baked Apples Pinto Beans Fresh Grapes Broccoli Flores w/ Dip <b>CHOICE OF COLD MILK</b>	Sausage Biscuit w/ Oatmeal Or Cheerios Grape Juice or Sliced Peaches Toast w/ Jelly <b>CHOICE OF COLD MILK LUNCH</b> Pepperoni Pizza Or Sloppy Joe on School Made Bun <b>CHOOSE TWO</b> Steamed Corn Green Beans Spinach Salad Sliced Peaches <b>CHOICE OF COLD MILK</b>	Whole Grain Croissant Or Toast O's Cereal Orange Juice or Apple Wedges Toast w/ Jelly <b>CHOICE OF COLD MILK LUNCH</b> Baked Chicken w/ Roll Or Hotdog <b>CHOOSE TWO</b> Sweet Potato Fluff Baked Beans Orange Wedges Red Jell-O w/ Pears  <b>CHOICE OF COLD MILK</b>	Continuous School Improvement day  Non=Student Day  
Monday, January 21  Martin Luther King Jr Day Holiday  Non-Student/ Non Teacher Day  	Tuesday, January 22  Pancake 'N Sausage Or Cheerios Applesauce or Grape Juice Toast w/ Jelly <b>CHOICE OF COLD MILK LUNCH</b> Cheese Pizza Or Sloppy Joe on School Made Bun <b>CHOOSE TWO</b> Steamed Corn Green Beans Tossed Salad Fresh Apple <b>CHOICE OF COLD MILK</b>	Wednesday, January 23  Breakfast Pizza Or Toasty's O's Cereal Orange Juice or Apple Wedges Toast w/ Jelly <b>CHOICE OF COLD MILK LUNCH</b> Turkey Sandwich w/ Gravy Or Spaghetti w/ Meat Sauce & French Bread <b>CHOOSE TWO</b> Sweet Potato Fluff Lima Beans Spinach w/ Cherry tomatoes Orange Wedges <b>CHOICE OF COLD MILK</b>	Thursday, January 24  Ham Biscuit w/ Oatmeal Or Cinnamon Toast Cereal Apple Juice or Pineapple Toast w/ Jelly <b>CHOICE OF COLD MILK LUNCH</b> Bar-B-Que Chicken w/ Roll Or Hamburger <b>CHOOSE TWO</b> Pinto Beans Creamed Potatoes Baked Apples Red Jell-O w/ Mixed Fruit  <b>CHOICE OF COLD MILK</b>	Friday, January 25  Yogurt w/ Granola & Sliced Peaches Or Cheerios Orange Juice or Apple Wedges Toast w/ Jelly <b>CHOICE OF COLD MILK LUNCH</b> Fish Sticks w/ Cornbread Or Taco's <b>CHOOSE TWO</b> Oven Baked Fries Baked Beans Peaches Fresh Pears  <b>CHOICE OF COLD MILK</b>
Monday, January 28  Pancake w/ Sausage link , & Syrup Or Toasty's O's Cereal Apple Juice or Sliced Peaches Toast w/ Jelly <b>CHOICE OF COLD MILK LUNCH</b> Chicken Sandwich Or Baked Potato w/ Meat & Cheese , w/ Roll <b>CHOOSE TWO</b> Green Beans Steamed Broccoli Orange Wedges Lettuce w/ Pickle Chips <b>CHOICE OF COLD MILK</b>	Tuesday, January 29  Scramble Eggs w/ Grits Or Cinnamon Toast Cereal Orange Juice or Apple Wedges Toast w/ Jelly <b>CHOICE OF COLD MILK LUNCH</b> Spaghetti w/ French Bread Or Hamburger <b>CHOOSE TWO</b> Garden Peas Baked Apples Spinach Salad Sliced Apples <b>CHOICE OF COLD MILK</b>	Wednesday, January 30  Ham Biscuit w/ Oatmeal Or Cheerios Grape Juice or Orange Wedges Toast w/ Jelly <b>CHOICE OF COLD MILK LUNCH</b> Cheese Pizza Or Turkey Deli Sandwich <b>CHOOSE TWO</b> Steamed Corn Pinto Beans Romaine lettuce w/ Chery Tomatoes Orange Wedges <b>CHOICE OF COLD MILK</b>	Thursday, January 31  Whole Grain Croissant Or Toasty's O's Cereal Orange Juice or Applesauce Toast w/ Jelly <b>CHOICE OF COLD MILK LUNCH</b> Oven Baked Chicken Or Hotdog <b>CHOOSE TWO</b> Sweet Potatoes Fluff Baked Beans Sliced Peaches Coleslaw <b>CHOICE OF COLD MILK</b>	Featured recipe adapted from David D. Jones Elementary (Greensboro, North Carolina)  