

## Families Making the Connection

Let's Help – Teach Them Life's Simple 7™

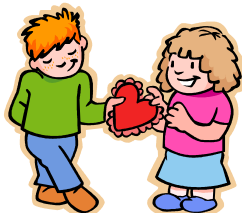
Celebrate American Heart Month with these 7 simple tips:

1. **Get active.** Just 30 minutes a day helps control your weight and makes you feel great!
2. **Control cholesterol.** How? Schedule a screening—know your numbers. Most often, go for foods low in cholesterol and saturated fat and free of trans fats.
3. **Eat better.** Balance calories with activity to manage weight. Heart smart foods include fruits and veggies, whole grains, fish, lean meats, and poultry without skin. Choose 1% or fat free dairy products. Aim to reduce salt and salty foods in your diet. Check out the **2010 Dietary Guidelines for Americans** at [www.cnpp.usda.gov/dietaryguidelines.htm](http://www.cnpp.usda.gov/dietaryguidelines.htm).
4. **Manage blood pressure.** By following the tips above, plus limiting alcohol and avoiding tobacco smoke, you can help prevent this “silent killer”.
5. **Lose weight.** Even a small weight loss can often make a big difference to health.
6. **Reduce blood sugar.** Do you have diabetes? Keeping your blood sugar under control helps keep heart disease at bay.
7. **Stop smoking.** Making this one change can make an enormous positive impact!

For motivation, support and additional ways to take action, go to <http://mylifecheck.heart.org>. Take the **My Life Check™** assessment and make a new life resolution today!

## February

- American Heart Month
- Children's Dental Health Month



# Menus for February 2012

The Learning Center! Charter School

### 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.

Wednesday, February 1

Breakfast-Scrambled Eggs, Cinnamon Toast, Cereal, Orange Juice, Milk

Lunch-Chef Salad, baked potato, fruit, milk

ONLY ONE LUNCH OPTION TODAY

Thursday, February 2

Breakfast-Bagel w/ peanut butter or cream cheese, cereal, juice, milk

Lunch-Ground Beef Stroganoff, peas, roll, fruit, peach cobbler, milk

Or Salad Bar

Friday, February 3

Breakfast-Chicken biscuit, Cereal, Fruit, Milk

Lunch-Ham and Cheese Sub\*, Carrot sticks w/ ranch, fruit, milk

ONLY ONE LUNCH OPTION TODAY

Monday, February 6

Breakfast-Yogurt, Granola, Cereal, Juice, Milk

Lunch-Chicken fajita, rice, black beans, fruit, milk

Or Salad Bar

Tuesday, February 7

Breakfast-Sausage biscuit\*, gravy cereal, fruit, juice, milk

Lunch-BBQ chicken, broccoli w/ cheese, corn, roll, fruit milk

Or Salad Bar

Wednesday, February 8

Breakfast-Oatmeal, bacon\*, cereal, juice, milk

Lunch-Salisbury steak and gravy, rice, black-eyed peas, roll, fruit, milk

Or Salad Bar

Thursday, February 9

Breakfast-Yogurt, Muffin squares, cereal, juice, milk

Lunch-Chicken pot pie, glazed carrots, roll fruit, fruit pudding, milk

Or Salad Bar

Friday, February 10

Breakfast-Scrambled eggs, cinnamon toast, cereal, fruit, juice

Lunch-Hamburger, lettuce and tomato, oven-roasted potatoes, fruit, milk

ONLY ONE LUNCH OPTION TODAY

# Fit Foundations

## Creole-style Black-eyed Peas

Makes 8 servings  
Serving size: 1 cup

### Ingredients

- 3 cups water
- 2 cups dried black-eyed peas
- 1 teaspoon low sodium chicken-flavored bouillon granules
- 2 cups canned no salt added tomatoes, crushed
- 1 large onion, finely chopped
- 2 stalks celery, finely chopped
- 3 teaspoons minced garlic
- 1/2 teaspoon dry mustard
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1 bay leaf
- 1/2 cup chopped parsley

### Directions

1. Add 2 cups of the water and black-eyed peas to a medium saucepan. Bring to a boil over high heat. Boil for 2 minutes. Then, cover the pan and remove it from the heat. Let stand for 1 hour.
2. Drain the water, leaving the peas in the saucepan. Add the remaining 1 cup of water, bouillon granules, tomatoes, onion, celery, garlic, dry mustard, ginger, cayenne pepper and bay leaf. Stir together. Then, bring to a boil. Cover the saucepan. Reduce the heat and simmer slowly for 2 hours. Stir occasionally. Add water, as necessary, to keep the peas covered with liquid.
3. Remove the bay leaf from the cooked beans. Spoon the beans into a serving bowl. Garnish with parsley and serve.



Developed by the Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.

In accordance with Federal law and U.S. Department of Agriculture policy, these institutions are prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call 800.795.3272 (voice) or 202.720.6382 (TTY). USDA is an equal opportunity provider and employer. 05/11 www.ncdhhs.gov • www.nutritionnc.com

Sources: <http://mylifecheck.heart.org>, [www.mayoclinic.com](http://www.mayoclinic.com)

<p><b>Monday, February 13</b></p> <p><u>Breakfast</u>-Pancakes, sausage,* cereal, juice, milk</p> <p><u>Lunch</u>-Chili, baked potato, cornbread, fruit, milk</p> <p>Or Salad Bar</p>	<p><b>Tuesday, February 14</b></p> <p><u>Breakfast</u>-Yogurt, biscuit w/ jelly, cereal, juice, milk</p> <p><u>Lunch</u>-Turkey and dressing, mixed vegetables, whipped sweet potatoes, fruit, milk</p> <p>Or Salad Bar</p>	<p><b>Wednesday, February 15</b></p> <p><u>Breakfast</u>-Scrambled eggs, cinnamon toast, cereal, juice, milk</p> <p>HALF DAY-No Lunch</p>	<p><b>Thursday, February 16</b></p> <p><u>Breakfast</u>-Bagel w/ peanut butter or cream cheese, cereal, juice, milk</p> <p><u>Lunch</u>-Macaroni and cheese, black-eyed peas, green beans, stewed apples, milk</p> <p>Or Salad Bar</p>	<p><b>Friday, February 17</b></p> <p><u>Breakfast</u>-Chicken biscuit, cereal, fruit, juice, milk</p> <p><u>Lunch</u>-Beef and bean burrito, lettuce, salsa, corn, fruit, milk</p> <p>ONLY ONE LUNCH OPTION TODAY</p>
<p><b>Monday, February 20</b></p> <p><u>Breakfast</u>-Yogurt, granola, cereal, juice, milk</p> <p><u>Lunch</u>-Hot Dog, baked beans, coleslaw, fruit, cobbler, milk</p> <p>Or Salad Bar</p>	<p><b>Tuesday, February 21</b></p> <p><u>Breakfast</u>-Sausage biscuit*, gravy, cereal, fruit, juice, milk</p> <p><u>Lunch</u>-Chicken strips, green beans, roll, fruit, milk</p> <p>Or Salad Bar</p>	<p><b>Wednesday, February 22</b></p> <p><u>Breakfast</u>-Oatmeal, bacon*, cereal, juice, milk</p> <p><u>Lunch</u>-Pork roast*, rice, peas, whipped sweet potatoes, roll, fruit, milk</p> <p>Or Salad Bar</p>	<p><b>Thursday, February 23</b></p> <p><u>Breakfast</u>-Scrambled eggs, cinnamon, toast, cereal, fruit, juice, milk</p> <p><u>Lunch</u>-Chicken rotini alfredo, broccoli, pesto tomatoes, fresh baked bread, fruit, milk</p> <p>Or Salad Bar</p>	<p><b>Friday, February 24</b></p> <p><u>Breakfast</u>-Yogurt, muffin squares, cereal, juice, milk</p> <p><u>Lunch</u>-Pizza, carrot sticks, hummus, fruit, bread pudding</p> <p>ONLY ONE LUNCH OPTION TODAY</p>
<p><b>Monday, February 27</b></p> <p><u>Breakfast</u>-Pancakes, sausage*, cereal, juice, milk</p> <p><u>Lunch</u>-Spaghetti w/ meat sauce, green beans, roll, fruit milk</p> <p>Or Salad Bar</p>	<p><b>Tuesday, February 28</b></p> <p><u>Breakfast</u>-Yogurt, biscuit w/ jelly, cereal, juice, milk</p> <p><u>Lunch</u>-French country stew*, ratatouille, fresh baked bread, fruit, milk</p> <p>Or Salad Bar</p>	<p><b>Wednesday, February 29</b></p> <p><u>Breakfast</u>-Scrambled eggs, cinnamon toast, cereal, juice, milk</p> <p><u>Lunch</u>-Chef salad, baked potato, fruit, milk</p> <p>ONLY ONE LUNCH OPTION TODAY</p>		