

Families Making the Connection

Let's Move—Stay Active this Winter!

Keep a healthy weight throughout the year by being active in winter. Your physical and mental well-being will get an energetic boost!

Family members make great winter workout buddies

People who are active together are more likely to stick to a routine. Activity buddies offer support, healthy competition and fun. Being active together as a family might also give you the chance to hear about your child's day and vice versa.

Stay safe and comfortable

- **Think visibility.** In winter, there are fewer daylight hours. If you are going for a walk in dim light, make sure you walk on the sidewalk in the direction opposite the traffic flow and wear light colored or reflective clothing so drivers can see you.
- **Think layers.** Wearing layers of clothing gives you the chance to adjust your comfort level as you warm up.

Move more inside and out

- Get tied up in a game of Twister® or toss around a Koosh® ball.
- Go for a fast-paced walk together at your local mall.
- Dance with your kids for 10 minutes to break up the daily routine.
- Enjoy the unique landscape of trails and byways during the winter months.
- Take the family sledding or ice skating. Or, how about cross-country skiing?

January

- Family Fit Lifestyle Month
- Oatmeal Month
- Soup Month



Menus for January 2012

The Learning Center! Charter School

Monday, January 2	Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
	<p><u>Breakfast</u>-Bagel w/ cream cheese or peanut butter, Cereal, Asst. Juice, Milk</p> <p><u>Lunch</u>-French Country Stew*, Green Beans, Roll, Peach Cobbler, Fruit, Milk</p> <p>ONLY ONE LUNCH OPTION TODAY</p>	<p><u>Breakfast</u>-Scrambled Eggs, Cinnamon Toast, Cereal, Orange Juice, Milk</p> <p><u>Lunch</u>-Chef Salad, Baked Potato, Fruit, Milk</p> <p>ONLY ONE LUNCH OPTION TODAY</p>	<p><u>Breakfast</u>-Yogurt, Biscuit and Jelly, Cereal, Juice, Milk</p> <p><u>Lunch</u>-Ground Beef Stroganoff, Peas, Roll, Fruit, Applesauce Spice Cake, Milk</p> <p>Or Salad Bar</p>	<p><u>Breakfast</u>-Chicken Biscuit, Cereal, Fruit, Orange Juice, Milk</p> <p><u>Lunch</u>-Ham and Cheese Sub*, Lettuce and Tomato, Carrot Sticks, Fruit, Milk</p> <p>ONLY ONE LUNCH OPTION TODAY</p>
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12	Friday, January 13
<p><u>Breakfast</u>-Yogurt, Granola, Cereal, Orange Juice, Milk</p> <p><u>Lunch</u>-Chicken Fajita, Black Beans, Rice, Fruit, Milk</p> <p>Or Salad Bar</p>	<p><u>Breakfast</u>-Sausage Biscuit*, Gravy*, Fruit, Orange Juice, Milk</p> <p><u>Lunch</u>-BBQ Chicken, Corn, Broccoli w/ Cheese Sauce, Roll, Fruit, Milk</p> <p>Or Salad Bar</p>	<p><u>Breakfast</u>-Bacon*, Oatmeal, Cereal, Orange Juice, Milk</p> <p>HALF DAY-No Lunch Served</p>	<p><u>Breakfast</u>- Scrambled Eggs, Cinnamon Toast, Cereal, Fruit, Orange Juice, Milk</p> <p><u>Lunch</u>-Chicken Pot Pie, Glazed Carrots, Roll, Fruit, Fruit Pudding, Milk</p> <p>Or Salad Bar</p>	<p><u>Breakfast</u>-Yogurt, Muffin, Cereal, Orange Juice, Milk</p> <p><u>Lunch</u>- Hamburger, Lettuce and Tomato, Oven Roasted Potatoes, Fruit, Milk</p> <p>ONLY ONE LUNCH OPTION TODAY</p>

Fit Foundations

Baked Oatmeal

Ingredients

- Cooking spray
- 1 tablespoon canola or vegetable oil
- 1/2 cup unsweetened applesauce
- 1/3 cup brown sugar
- 2 eggs, egg substitute equivalent to 2 eggs, or 4 egg whites
- 3 cups uncooked rolled oats
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 cup fat-free or 1% milk

Directions

1. In a medium bowl, stir together oil, applesauce, brown sugar and eggs.
2. Add the dry ingredients and milk to the bowl. Mix well.
3. Spray a 13 x 9 inch pan generously with cooking spray.
4. Spoon the oatmeal mixture into the pan.
5. Bake uncovered at 350° F for 30 minutes.

Tip: You can mix this in the evening and refrigerate it overnight. Just pop it into the oven first thing in the morning!



*contains pork



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.ncdhs.gov • www.nutritionnc.com

Sources: www.nutritionnc.com/ResourcesforSchools, www.mayoclinic.com

Monday, January 16	Tuesday, January 17	Wednesday, January 18	Thursday, January 19	Friday, January 20
No School Today	<u>Breakfast</u> -Yogurt, Biscuit and Jelly, Cereal, Juice, Milk <u>Lunch</u> -BBQ Chicken Sandwich, Baked Beans, Cole Slaw, Fruit, Milk Or Salad Bar	<u>Breakfast</u> -Scrambled Eggs, Cinnamon Toast, Cereal, Orange Juice, Milk <u>Lunch</u> -Turkey and Dressing, Mixed Vegetables, Whipped Sweet Potatoes, Fruit, Milk Or Salad Bar	<u>Breakfast</u> -Bagel w/ cream cheese or peanut butter, Cereal, Orange Juice, Milk <u>Lunch</u> -Macaroni and Cheese, Green Beans, Black-eyed Peas, Stewed Apples, Roll, Milk Or Salad Bar	<u>Breakfast</u> - To Be Announced <u>Half Day— No Lunch Served</u>
Monday, January 23	Tuesday, January 24	Wednesday, January 25	Thursday, January 26	Friday, January 27
<u>Breakfast</u> -Yogurt, Granola, Cereal, Orange Juice, Milk <u>Lunch</u> -Hot Dog, Baked Beans, Cole Slaw, Fruit, Cherry Cobbler, Milk Or Salad Bar	<u>Breakfast</u> -Sausage Biscuit*, Gravy*, Fruit, Orange Juice, Milk <u>Lunch</u> -Chicken Strips, Green Beans, Roll, Fruit, Chocolate Bread Pudding, Fruit, Milk Or Salad Bar	<u>Breakfast</u> -Bacon*, Oatmeal, Cereal, Orange Juice, Milk <u>Lunch</u> -Pork Roast*, Rice, Peas, Whipped Sweet Potatoes, Roll, Fruit, Milk Or Salad Bar	<u>Breakfast</u> - Scrambled Eggs, Cinnamon Toast, Cereal, Fruit, Orange Juice, Milk <u>Lunch</u> -Chicken Fettuccine, Steamed Broccoli, Pesto Tomatoes, Fresh Baked Bread, Fruit, Milk Or Salad Bar	<u>Breakfast</u> -Yogurt, Muffin, Cereal, Orange Juice, Milk <u>Lunch</u> -Pizza, Side Salad, Carrot Sticks w/ hummus, vanilla pudding, fruit, Milk ONLY ONE LUNCH OPTION TODAY
Monday, January 30	Tuesday, January 31	<h3>Families Eating Smart and Moving More</h3> <p>Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:</p> <ul style="list-style-type: none"> ▪ 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. <p>By promoting good nutrition in the places where our children eat – at home and at school – we can have a greater impact on their health. Encourage your child's healthy eating habits by supporting school meals!</p>		
<u>Breakfast</u> -Whole Wheat Pancakes, Sausage Patty*, Cereal, Orange Juice, Milk <u>Lunch</u> -Spaghetti w/ Meat Sauce, Green Beans, Roll, Fruit, Milk Or Salad Bar	<u>Breakfast</u> -Yogurt, Biscuit and Jelly, Cereal, Juice, Milk <u>Lunch</u> -French Country Stew*, Ratatouille, Fresh Baked Bread, Fruit, Peach Cobbler, Milk Or Salad Bar			