

Healthy Kids

Heart Health



Love your heart

If your heart is healthy it will be able to work for a very long time.

It is up to you to keep your heart healthy.

Your heart will like it if you:
Exercise every day

You need to exercise your heart by making it work harder for at least 30 minutes a day.

Eat a healthy diet.

Too much fatty food will block up the arteries with fat and your heart will have to work harder and harder just to do its regular job of pumping blood round your body.

Drink lots of water every day rather than fizzy drinks.

Make good choices as you grow older.

You can choose to eat healthy food and keep doing regular exercise.

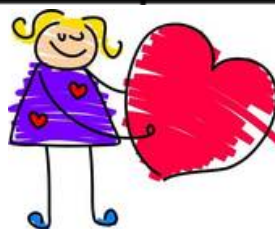


Your heart will love you for it!



GARDEN GRILL

FEBRUARY MENU



Monday	Tuesday	Wednesday	Thursday	Friday	
	TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD WITH BAKED POTATO WEDGES FRESH FRUIT SALAD BAR MILK	BAKED VEGETABLE LASAGNA WITH A DINNER ROLL FRESH FRUIT SALAD BAR MILK	CHICKEN CORDON BLEU WITH RICE PILAF, FRESH BROCCOLI AND DINNER ROLL FRESH FRUIT SALAD BAR MILK	1 2 3	
BAKED HAM WITH PINEAPPLE, MAC AND CHEESE AND YELLOW CORN FRESH FRUIT SALAD BAR MILK	TACO TUESDAY CHOICE OF BEEF OR CHICKEN, FAT FREE REFRIED BEANS, AND SPANISH RICE FRESH FRUIT SALAD BAR MILK	GRILLED CHEESE SANDWICH ON WHOLE WHEAT WITH CHICKEN NOODLE SOUP FRESH FRUIT SALAD BAR MILK	SHEPPARD'S PIE WITH LEAN GROUND BEEF, YELLOW CORN AND MASHED POTATOES FRESH FRUIT SALAD BAR MILK	CHICKEN TERIYAKI WITH BROWN RICE AND ORIENTAL VEGETABLES FRESH FRUIT SALAD BAR MILK	6 7 8 9 10
BBQ CHICKEN WITH POTATO SALAD, PEAS AND CARROTS AND CORN BREAD FRESH FRUIT SALAD BAR MILK	HAPPY VALENTINE'S HEALTHY KIDS PIZZA 	CHEESE QUESADILLAS WITH FAT FREE REFRIED BEANS AND BROWN RICE FRESH FRUIT SALAD BAR MILK	ROAST TURKEY WITH FRESH MASHED POTATOES, GRAVY GREEN BEANS AND A DINNER ROLL FRESH FRUIT SALAD BAR MILK	President's Day No School	13 14 15 16 17
President's Day No School	BAKED BEEF RAVIOLI WITH FRESH ZUCCHINI AND A DINNER ROLL FRESH FRUIT SALAD BAR MILK	ORANGE CHICKEN WITH BOK CHOI, SNOW PEAS, WATER CHESTNUTS AND BROWN RICE FRESH FRUIT SALAD BAR MILK	MEAT LOAF WITH LEAN GROUND BEEF, ROASTED POTATOES, GRAVY AND GREEN BEANS FRESH FRUIT SALAD BAR MILK	CARNITAS WITH SPANISH RICE, BLACK BEANS AND CORN TORTILLAS FRESH FRUIT SALAD BAR MILK	20 21 22 23 24
CHICKEN POT PIE WITH FRESH POTATOES, CARROTS AND PEAS FRESH FRUIT SALAD BAR MILK	SPAGHETTI WITH MEAT SAUCE, FRESH ZUCCHINI AND BREAD STICKS FRESH FRUIT SALAD BAR MILK	FAT FREE VEGETARIAN BEANS AND CHEESE BURRITO WITH FRESH SALSA AND BROWN RICE FRESH FRUIT SALAD BAR MILK			27 26 27

CELEBRATE BLACK HISTORY IN THE MONTH OF FEBRUARY

If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you to go on in spite of all. And so today I still have a dream. ~Martin Luther King, Jr.

Healthy Kids

Friendship

Word Search Puzzle

E O F M E M O R I E S T V
 A E D Q N U Z A O B K X N
 S Y G C O O P E R A T E S
 U N D E R S T A N D I N G
 H E L P S L I K E O H Z R
 L R W Z A L P O F W L L F
 A F R I E N D S H I P I R
 U H K I N D N E S S N S I
 G O N M R E S P E C T T E
 H S P E C I A L P W H E N
 T C T I H P L A Y B P N D
 E V D C A R I N G K L S L
 R X B T U A C C E P T S Y

Friendship

Accepts
 Caring
 Cooperates
 Friendly
 Friendship
 Helps
 Kindness
 Laughter

Like
 Listens
 Memories
 Play
 Respect
 Special
 Understanding

