

## Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) **Aerobic Activity** – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) **Muscle Strengthening** – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) **Bone Strengthening** – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[www.liftoffsplyground.com](http://www.liftoffsplyground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12-3 Egg & Cheese Breakfast Sandwich Cinnamon Bun	12-4 Belgian Waffle Benefit Bar	12-5 Pancakes Banana, Zucchini, or Chocolate Bread	12-6 Sausage on a Biscuit Ultimate Breakfast Round	12-7 Breakfast Sausage Pizza Pan Dulce
12-10 French Toast Sticks & Sausage Patty Cinnamon Bun	12-11 Breakfast Sausage Pizza Benefit Bar	12-12 Breakfast Burrito Banana, Zucchini or Chocolate Bread	12-13 Biscuit & Gravy Sausage Square Ultimate Breakfast Round	12-14 Belgian Waffle Sticks & Sausage Patty Pan Dulce
12-17 Egg & Cheese Breakfast Sandwich Cinnamon Bun	12-18 Belgian Waffle Benefit Bar	12-19 Pancakes Banana, Zucchini, or Chocolate Bread	12-20 Biscuit & Gravy Sausage Square Ultimate Breakfast Round	12-21
12-24	12-25	12-26	12-27	12-28
12-31				

### Fresh Pick Recipe

#### PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with baked corn chips.



.....Monday.....	.....Tuesday.....	.....Wednesday.....	.....Thursday.....	.....Friday.....
...Fresh Fruit.....	...Fresh Fruit.....	...Fresh Fruit.....	...Fresh Fruit.....	...Fresh Fruit.....
...Raisins.....	...Raisins.....	...Raisins.....	...Raisins.....	...Raisins.....
...Mixed Fruit.....	...Applesauce.....	...Diced Peaches.....	...Diced Apricots.....	...Diced Pears.....
...Garden Salad.....	...Caesar Salad.....	...Garden Salad.....	...Caesar Salad.....	...Garden Salad.....
...Baby Carrots.....	...Baby Carrots.....	...Cucumber Slices.....	...Baby Carrots.....	...Baby Carrots.....
...Green Beans.....	...Black Beans.....	...Cherry Tomatoes.....	...Pinto Beans.....	...Cherry Tomatoes.....
...Celery Sticks.....	...Green Peas.....	...Garbanzo Beans.....	...Corn.....	...Broccoli.....

Nutrition Information is available upon request.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY


### FRIDAY

<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Hot Dog Cheese or Pepperoni Pizza Turkey & Cheese Sub Sandwich Protein Pack	Turkey & Gravy with Mashed Potatoes & Breadstick Bean & Cheese Burrito Hot Ham & Cheese Sandwich Taco Salad w/Tortilla Chips	Nachos w/Beans & Cheese Italian Dunkers Ham & Cheese Sub Sandwich Crispy Chicken Salad & Breadstick	Crispy or Spicy Chicken Burger Cheese or Pepperoni Pizza Sun Butter & Jelly Sandwich w/String Cheese Fruit & Yogurt Parfait w/String Cheese	Chicken Tenders Grilled Cheese Sandwich Corn Dog Chicken Caesar Salad & Breadstick



You must select a half a cup of fruit or vegetable or a combination of both with your meal You may select more

<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Hamburger or Cheeseburger Cheese or Pepperoni Pizza Turkey & Cheese Sub Sandwich Protein Pack	Mac & Cheese Chicken Nuggets & Biscuit Hot Ham & Cheese Sandwich Taco Salad w/Tortilla Chips	Honey BBQ Pork Rib on a Bun Cheese Quesadilla* Ham & Cheese Sandwich Chicken Caesar Salad & Breadstick	Enchilada Cheese or Pepperoni Pizza Sun Butter & Jelly Sandwich w/String Cheese Yogurt, String Cheese & Soft Baked Pretzel	Beef Soft Tacos Crispy or Spicy Chicken Sandwich Italian Dunkers Crispy Chicken Salad & Breadstick

We offer fruits and vegetables daily on our Garden Bar for your selection with your lunch meal.

<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
Hot Dog Cheese or Pepperoni Pizza Turkey & Cheese Sub Sandwich Protein Pack	Turkey Gravy with Mashed Potatoes & Breadstick Bean & Cheese Burrito Hot Ham & Cheese Sandwich Taco Salad w/Tortilla Chips	Nachos w/Beans & Cheese Italian Dunkers Ham & Cheese Sub Sandwich Chicken Caesar Salad & Breadstick	Pizza Day! Cookie Day!	

We offer non fat chocolate milk and 1% white milk with your meal.

<b>24</b>		<b>26</b>		<b>28</b>
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COOKIE DAY is Thursday December 20th!!!

<b>31</b>				
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Menu is subject to change.

This institution is an equal opportunity provider.