



## Making New Resolutions

It's never too early to start making new resolutions. For many of us it's a chance to make a fresh start. We may want to accomplish certain goals or to live a healthier lifestyle by eating right and exercising more. If trying to regain your overall health is the goal for you here are some tips to get you started!



Healthy Living

### Make a Plan

It requires careful thinking and planning to achieve your overall goal. Make a list of what you want to complete each week or each month so you can give yourself reasonable goals and something to look forward to achieving.

### Monitor how you eat

Watching what we eat is a very important step in managing a healthy lifestyle. In our technology driven world, there are many programs, like MyFitnessPal, that we can use to help us track our food choices to make sure we are staying on the right path to achieving our goals.

### Learn proper portion sizing

Learning the correct portion sizes of foods may be just as important as knowing what foods are better than others. Purchasing scales that measure the correct portion sizes or simply using the correct measuring cups is a great way to know how much food you are putting on your plate.

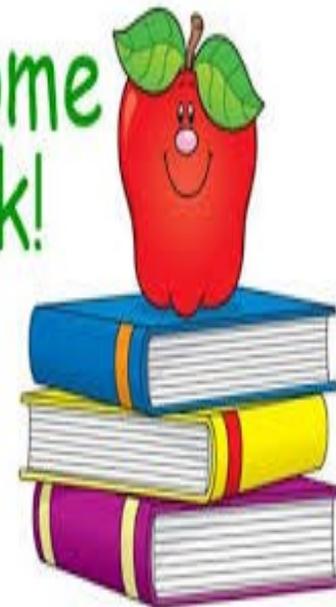
### Remember not to skip meals

We've always heard that breakfast is the most important meal of the day. Well not only does breakfast give you more energy to start off the day, but it also keeps you feeling full so you don't end up over indulging later on during the day.

### We have to Exercise

We have to stay active to balance out the calories that we are taking in. Now the key is to find activities that we like to do so we don't always associate working out as being a burden.

# Welcome Back!



### Available Daily

All Meals Served With:  
Low Fat White Milk or  
Non Fat Chocolate Milk  
Fresh Fruit or Fruit Juice

### Breakfast Lunch

Thursday, August 17th

Egg and Cheese  
Sandwich

Turkey Nacho w/  
Lettuce & Cheese  
Pinto Beans, Salsa

Friday, August 18th

French Toast Sticks

Pepperoni Pizza  
Salad w/ Carrots

### Healthier Choices, Make A Healthier You!

### Tip #1: STAYING ACTIVE!

Starting a new exercise routine can be quite challenging at first, so choosing one area to focus on might be the best route to not become too overwhelmed. Here are a few work out .



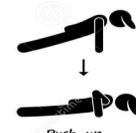
Jumping Jacks



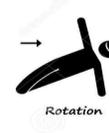
Side Kick



Squatting



Push-up



Rotation



Knee Bent Push-up



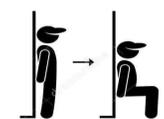
Pelvic Scoop



Lunge



Chair Step Up



Wall Sit

► *What's In Season This Month!!*



**Corn**



**Apples**



**Eggplant**

- |                |              |                 |
|----------------|--------------|-----------------|
| - Bell peppers | - Kiwi       | - Pluots        |
| - Blackberries | - Melons     | - Raspberries   |
| - Blueberries  | - Nectarines | - Strawberries  |
| - Cantaloupe   | - Okra       | - Summer Squash |
| - Celery       | - Peaches    | - Tomatoes      |
| - Cucumbers    | - Pears      | - Watermelon    |
| - Grapes       | - Peas       |                 |
| - Green Beans  | - Plums      |                 |

## Did You Know?!?

In 2015, over \$17.7 million dollars were spent on rubber erasers for students K-12th grade.



### Breakfast Lunch

*Monday, August 21st*

- |               |                  |
|---------------|------------------|
| Granola Bar   | Red Beans & Rice |
| String Cheese | Collard Greens   |
|               | Cornbread        |

*Tuesday, August 22nd*

- |               |                      |
|---------------|----------------------|
| Maple Waffles | Lasagna, Green Beans |
|               | Garlic Breadstick    |

*Wednesday, August 23rd*

- |                   |                  |
|-------------------|------------------|
| Scrambled Eggs    | Jambalaya        |
| Biscuit w/ Butter | Steamed Corn     |
|                   | Steamed Broccoli |

*Thursday, August 24th*

- |                 |                                           |
|-----------------|-------------------------------------------|
| Chicken Biscuit | Stewed Chicken Thigh w/ Gravy, Brown Rice |
|                 | Salad w/ Carrots                          |

*Friday, August 25th*

- |                                |                                            |
|--------------------------------|--------------------------------------------|
| Cinnamon Bagel w/ Cream Cheese | Chicken, Sausage, Okra Gumbo w/ Brown Rice |
|                                | Salad w/ Tomatoes, Crackers                |

### August is National Peach Month

Peaches provide lots of natural antioxidants to help keep your body feeling its best. Peaches have many health benefits such as being good sources of Vitamin C and being sodium, cholesterol, and saturated fat free. When selecting a peach at the supermarket, try to select peaches that are firm, fuzzy, and avoid any with blemishes.



### Breakfast Lunch

*Monday, August 28th*

- |                 |                     |
|-----------------|---------------------|
| Assorted Cereal | Sloppy Joe Sandwich |
|                 | Steamed Corn        |

*Tuesday, August 29th*

- |                         |                       |
|-------------------------|-----------------------|
| Turkey Sausage Sandwich | Baked Ziti            |
|                         | Green Beans           |
|                         | Oatmeal Raisin Cookie |

*Wednesday, August 30th*

- |                   |                         |
|-------------------|-------------------------|
| Biscuit w/ Butter | Chicken Tenders         |
| Sausage Links     | Steamed Broccoli        |
|                   | French Fries w/ Ketchup |
|                   | Dinner Roll             |

*Tuesday, August 31st*

- |                                |                                  |
|--------------------------------|----------------------------------|
| Fiesta Egg and Cheese Sandwich | Turkey Tacos w/ Lettuce & Cheese |
|                                | Pinto Beans, Salsa               |

