

Families Making the Connection

Get Active as a Family


Being active offers benefits and opportunities for fun as a family! Physical activity builds strong bones and muscles and helps control weight. Children need 60 minutes of moderate to vigorous activity every day. For health benefits, adults need 30 minutes of moderate activity at least 5 days a week. It doesn't have to occur all at once. It all adds up!

Here are a few activities and steps that you and your family can consider to get started on a path to a healthier lifestyle:

- Give children toys that encourage physical activity like balls, hula hoops, and jump ropes.
- Encourage kids to join a sports team or try a new physical activity.
- Limit TV time and keep the TV out of a child's bedroom.
- Make a new house rule: no sitting still during TV commercials.
- Facilitate a safe walk or bike ride to and from school a few times a week.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Turn on some music and dance.
- Support students being active with school through PE, recess, Energizers, intramurals and other activities.
- Be creative and find ways to be active and have fun together.

Menus for January 2021

Menu subject to change due to food availability or delivery

				Friday, January 1
				
Monday, January 4	Tuesday, January 5	Wednesday, January 6	Thursday, January 7	Friday, January 8
<p>STAFF – PD NO SCHOOL for Students</p>	<p>Breakfast Burrito Fruit / Milk</p> <p>Gr. Chili Cheese Burger FF//Fruit/Milk</p>	<p>French Toast Fruit/Milk</p> <p>Red Chili Chicken Burrito Pinto Beans/Fruit/Milk</p>	<p>Breakfast Pizza Fruit / Milk</p> <p>Chicken Patty Sandwich Chips/Carrots/Milk</p>	<p>Muffins Fruit / Milk</p> <p>PBJ Sandwich Chips/Fruit/Milk</p>
Monday, January 11	Tuesday, January 12	Wednesday, January 13	Thursday, January 14	Friday, January 15
<p>Cereal Bar Oranges/Milk</p> <p>Fried Chicken Dinner Gravy/Mashed Potatoes Mixed Veg/Fruit/Milk</p>	<p>Mini Cinnamon Rolls Fruit/Milk</p> <p>Beef Tacos Beans/Cherry Tomatoes Milk</p>	<p>Breakfast Cookie Fruit / Milk</p> <p>Turkey and Cheese Sub Chips/Fruit/Milk</p>	<p>Bagel w Cream Cheese Fruit/Milk</p> <p>Barbeque Pork Sandwich/FF Fruit/Milk</p>	<p>Pop Tart Fruit / Milk</p> <p>Tortilla Burger Chips/Fruit/Milk</p>
Monday, January 18	Tuesday, January 19	Wednesday, January 20	Thursday, January 21	Friday, January 22
<p>HOLIDAY—NO SCHOOL</p>	<p>Waffles Fruit Juice/Milk</p> <p>Pizza / Broccoli Fruit/Milk</p>	<p>Pancakes Fruit/Milk</p> <p>Chicken Quesadilla Pinto Beans/Fruit/Milk</p>	<p>Breakfast Burrito Fruit/ Milk</p> <p>Corn Dogs/FF Veggies/Fruit/Milk</p>	<p>Cereal Fruit /Milk</p> <p>Cheese Burger Chips/Garnish/Milk</p>
Monday, January 25	Tuesday, January 26	Wednesday, January 27	Thursday, January 28	Friday, January 29
<p>Cherry Fritter Fruit Juice/Milk</p> <p>Orange Chicken Fried Rice/Finger Veggies Fruit/Milk</p>	<p>Yogurt/Chex Mix Fruit/Milk</p> <p>Spaghetti/Garlic Bread Gr. Beans/Fruit/Milk</p>	<p>Biscuit/Sausage Fruit Juice/Milk</p> <p>Frito Pie Garnish/Fruit/Milk</p>	<p>Muffin Oranges/Milk</p> <p>Chicken Bowl w/Corn Gravy/Mashed Potatoes Fruit/Milk</p>	<p>French Toast Fruit /Milk</p> <p>Grilled Cheese Chips/Fruit/Milk</p>

Estancia Municipal Schools



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