

This Month in the Cafeteria

Activity: Keep Moving with the President's Challenge

President Eisenhower initiated the President's Council on Youth Fitness in 1956 to educate, motivate and encourage Americans to adopt active lifestyles. Today the program is called the President's Council on Physical Fitness and Sports with the same goals— to promote the benefits of fitness for everyone.

One part of the program is called The President's Challenge. It can show you how to create a fitness plan that is easy to do. Because your hard work shouldn't go unrecognized, you can earn the Presidential Active Lifestyle Award by performing regular activity beyond your daily activity goal of 30-minutes for adults and 60-minutes for kids at least five days a week.

Jump roping, hula-hooping and dancing to music are great indoor activities during the winter for a healthier lifestyle.

Check out the website for ideas and family activities: www.presidentschallenge.org.



Sodexo is a partner in the MyPyramid Corporate Challenge to promote healthy food and lifestyle choices. For more information on healthy eating, visit www.mypyramid.gov.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 No School
4 Cereal Cereal Bar Choose 1 Assorted Juice Choose 1 Assorted Milk	5 Turkey Pancake Stick Syrup Choose 1 Assorted Juice Choose 1 Assorted Milk	6 Blueberry Muffin Fresh Fruit Choose 1 Assorted Juice Choose 1 Assorted Milk	7 Breakfast Pizza Choose 1 Assorted Juice Choose 1 Assorted Milk	8 High Fiber Poptart Banana Choose 1 Assorted Juice Choose 1 Assorted Milk
11 Cereal Super Donut Choose 1 Assorted Juice Choose 1 Assorted Milk	12 Sausage w/Cheese Whole Wheat Bread Choose 1 Assorted Juice Choose 1 Assorted Milk	13 Super Bun Choose 1 Assorted Juice Choose 1 Assorted Milk	14 French Toast Sticks Syrup Choose 1 Assorted Juice Choose 1 Assorted Milk	15 No School
18 No School	19 Cereal Cereal Bar Choose 1 Assorted Juice Choose 1 Assorted Milk	20 Blueberry Muffin Fresh Fruit Choose 1 Assorted Juice Choose 1 Assorted Milk	21 Sausage Biscuit Choose 1 Assorted Juice Choose 1 Assorted Milk	22 High Fiber Poptart Banana Choose 1 Assorted Juice Choose 1 Assorted Milk
25 Cereal Donut Choose 1 Assorted Juice Choose 1 Assorted Milk	26 Turkey Pancake Stick Syrup Choose 1 Assorted Juice Choose 1 Assorted Milk	27 Super Bun Choose 1 Assorted Juice Choose 1 Assorted Milk	28 Breakfast Pizza Choose 1 Assorted Juice Choose 1 Assorted Milk	29 High Fiber Poptart Banana Choose 1 Assorted Juice Choose 1 Assorted Milk

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to www.besmart-eatsmart-livesmart.com.

Minted Carrot & Orange Salad Six 1/2-cup servings

2 Oranges, peeled
4 Carrots
7 teaspoons Fresh Lemon Juice
2-1/2 teaspoons Water
3/4 teaspoon Cinnamon
Dash Salt
2-1/4 teaspoons Fresh Mint
Leaves, washed and dried

Cut the peeled orange into small chunks. Pour the orange and as much of the juice as you can into a medium-sized bowl.

Grate the carrots and add to the bowl of oranges. Add lemon juice, water, cinnamon and salt to salad.

Finely chop the mint leaves and add to salad. Stir until well combined and enjoy.

Cover and refrigerate leftovers for up to 1-2 days.

Calories: 40
Total Fat: 0g Protein: <1g
Total Carbohydrate: 10g



*Wishing you a
Happy and Healthy
New Year!*