

Nutrition Byte

Make Every Bite Count

Did you know we have updated Dietary Guidelines for Americans? The U.S. Department of Agriculture and U.S. Department of Health and Human Services recently released the Dietary Guidelines, 2020-25. Healthy eating and physical activity can help reduce your risk of diabetes, heart disease, some cancers, and obesity. The following steps can help your family start or maintain a healthy routine:

- Focus on whole fruits.
- Vary your veggies.
- Make half your grains whole grains.
- Vary your protein routine. Opt for lean cuts of beef, pork or poultry. Have fish or seafood twice a week. Include meatless meals, using protein choices like beans, tofu, tempeh, nuts or seeds, for budget-friendly variety. Use lower fat cooking methods such as broiling, roasting or grilling.
- Move to low fat or fat free dairy milk or yogurt (or lactose free dairy or fortified soy versions).
- Choose foods and beverages with less added sugars, saturated fat, and sodium. Read labels to select options with less or no salt or sugar added. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt.

Nutrilink: Find tips and resources at <https://www.dietaryguidelines.gov/>.

BREAKFAST MENU February 2021

Monday, February 1	Tuesday, February 2	Wednesday, February 3	Thursday, February 4	Friday, February 5
Chicken Biscuit Mixed Fruit Milk & juice	Breakfast Bar Strawberries Milk & juice	Dot Donuts Grapes Milk & juice	Dutch Waffle Bananas Milk & juice	Muffin & Yogurt Blueberries Milk & juice
Monday, February 8	Tuesday, February 9	Wednesday, February 10	Thursday, February 11	Friday, February 12
Breakfast Burritos Grapes Milk & juice Or Cereal	Oatmeal and Cereal Bananas Milk & Juice	Sausage Egg & Cheese Biscuit Bananas Milk & Juice	Mini Pancakes Strawberries Milk & juice	Biscuit & Gravy Mixed Fruit Milk & juice
Monday, February 15	Tuesday, February 16	Wednesday, February 17	Thursday, February 18	Friday, February 19
Skillet Colby Omelet Toast, 1 Slice Grapes Milk & juice	Cinnamon Rolls Mixed Fruit Milk & Juice	Muffin & Yogurt Blueberries Milk & Juice	Breakfast Pizza Strawberries Milk & Juice	No school
Monday, February 22	Tuesday, February 23	Wednesday, February 24	Thursday, February 25	Friday, February 26
French Toast Stix Strawberries Milk & juice	Chicken Biscuit Mixed Fruit Milk & juice	Breakfast Bar Strawberries Milk & juice	Dot Donuts Grapes Milk & juice	Biscuit & Gravy Mixed Fruit Milk & juice
				

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