

Does Your Child Play 60?

Did you know that 8 to 18 year-olds devote an average of 7 1/2 hours to using entertainment media including TV, computers, video games, cell phones and movies in a typical day? And only a third of high school students get the recommended levels of physical activity. This is not good news considering what research has revealed about the benefits of regular physical activity. Physical activity can help prevent chronic disease such as heart disease, cancer and stroke. It also help with weight control, builds lean muscle, reduces fat, promotes strong bone and muscle development, and decreases the risk of obesity. In order to reap these benefits children and teens need 60 minutes of active and vigorous play every day. As part of Michelle Obama's Let's Move Initiative, kids of all ages are encouraged to become more engaged in daily physical activity. A great resource to help families and schools get started is Fuel Up To Play 60, a program founded by the National Dairy Council® (NDC) and the National Football League. Learn more at www.fueluptoplay60.com/

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hot or Cold Cereal or Yogurt Graham Crackers Juice & Milk	4 Hot or Cold Cereal or Bagel w/ Cream Cheese or Butter Juice & Milk	5 Hot or Cold Cereal Graham Crackers or Pop Tarts Juice & Milk	6 Hot or Cold Cereal or Otis Spunkmeyer Chocolate Chip Muffin Juice & Milk	7 Hot or Cold Cereal or Granola bar Graham Crackers Juice & Milk
10 Hot or Cold Cereal or Yogurt Graham Crackers Juice & Milk	11 Hot or Cold Cereal or Bagel w/ Cream Cheese or Butter Juice & Milk	12 Hot or Cold Cereal Graham Crackers or Pop Tarts Juice & Milk	13 Hot or Cold Cereal or Otis Spunkmeyer Chocolate Chip Muffin Juice & Milk	14 BAGGED LUNCH AVAILABLE
17 <u>MARTIN LUTHER KING DAY SCHOOL CLOSED</u>	18 Hot or Cold Cereal or Bagel w/ Cream Cheese or Butter Juice & Milk	19 Hot or Cold Cereal Graham Crackers or Pop Tarts Juice & Milk	20 Hot or Cold Cereal or Otis Spunkmeyer Chocolate Chip Muffin Juice & Milk	21 Hot or Cold Cereal or Granola bar Graham Crackers Juice & Milk
24 Hot or Cold Cereal or Yogurt Graham Crackers Juice & Milk	25 Hot or Cold Cereal or Bagel w/ Cream Cheese or Butter Juice & Milk	26 Hot or Cold Cereal Graham Crackers or Pop Tarts Juice & Milk	27 Hot or Cold Cereal or Otis Spunkmeyer Chocolate Chip Muffin Juice & Milk	28 FOUR HOUR SESSION BAGGED LUNCH AVAILABLE
31 Hot or Cold Cereal or Yogurt Graham Crackers Juice & Milk	HAPPY NEW YEAR			

Breakfast Price:
\$1.25

Reduced Breakfast Price:
\$0.30

