

Families Making the Connection

Let's Help – Teach Them Life's Simple 7™

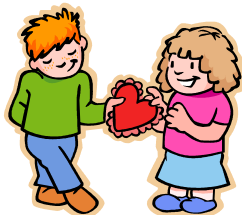
Celebrate American Heart Month with these 7 simple tips:

- Get active.** Just 30 minutes a day helps control your weight and makes you feel great!
- Control cholesterol.** How? Schedule a screening—know your numbers. Most often, go for foods low in cholesterol and saturated fat and free of trans fats.
- Eat better.** Balance calories with activity to manage weight. Heart smart foods include fruits and veggies, whole grains, fish, lean meats, and poultry without skin. Choose 1% or fat free dairy products. Aim to reduce salt and salty foods in your diet. Check out the **2010 Dietary Guidelines for Americans** at www.cnpp.usda.gov/dietaryguidelines.htm.
- Manage blood pressure.** By following the tips above, plus limiting alcohol and avoiding tobacco smoke, you can help prevent this “silent killer”.
- Lose weight.** Even a small weight loss can often make a big difference to health.
- Reduce blood sugar.** Do you have diabetes? Keeping your blood sugar under control helps keep heart disease at bay.
- Stop smoking.** Making this one change can make an enormous positive impact!

For motivation, support and additional ways to take action, go to <http://mylifecheck.heart.org>. Take the **My Life Check™** assessment and make a new life resolution today!

February

- American Heart Month
- Children's Dental Health Month



Menus for February 2012

BETHEL HIL CHARTER SCHOOL

Families Eating Smart and Moving More		Wednesday, February 1	Thursday, February 2	Friday, February 3
<p>Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:</p> <ul style="list-style-type: none"> Prepare and eat more meals at home. Tame the tube. Choose to move more every day. Right-size your portions. Re-think your drink. Enjoy more fruits and vegetables. Breastfeed your baby. 		SPAGHETTI /GARLIC BREAD OR BAKED POTATO TOSSED SALAD CORN APPLESAUCE BREAKFAST MAXSTIX OR CEREAL AND TOAST MILK AND JUICE	VEG SOUP W/ GRILLED CHEESE OR PEANUT BUTTER COOKIES AND FRESH FRUIT TOSSED SALAD BREAKFAST MUFFIN OR CEREAL AND TOAST MILK AND JUICE	PEP PIZZA OR CHICKEN SALAD PINTO BEANS STEAMED CABBAGE FRESH FRUIT TOSSED SALAD BREAKFAST SAUSAGE BIST OR CEREAL AND TOAST MILK AND JUICE
Monday, February 6	Tuesday, February 7	Wednesday, February 8	Thursday, February 9	Friday, February 10
BBQ ON BUN OR BAKED POTATO-COLESRAW GREEN PEAS FRENCH FRIES PINEAPPLES TOSSED SALAD BREAKFAST WAFFLE STIX OR CEREAL AND TOAST MILK AND JUICE	CORN DOG NUGGETT OR FISH NUGGETT Tossed Salad BAKED BEAN COLESRAW PEACHES BREAKFAST HONEY BUN OR CEREAL AND TOAST MILK AND JUICE	PORK CHOP W /ROLL OR BEEF STEAK&GRAVY W/ROLL MASHED POTATO GREEN BEANS APPLESAUCE-TOSSED SALAD BREAKFAST MAXSTIX OR CEREAL AND TOAST MILK AND JUICE	CHICKEN NOODLES SOUP OR FAJITA WRAP TOSSED SALAD CORN FRESH FRUIT BREAKFAST MUFFIN OR CEREAL AND TOAST MILK AND JUICE	CHEESE PIZZA OR TUNA SALAD TOSSED SALAD PINTO BEANS STEAMED CABBAGE FRESH FRUIT BREAKFAST SAUSAGE BIST OR CEREAL AND TOAST MILK AND JUICE

Fit Foundations

Creole-style Black-eyed Peas

Makes 8 servings
Serving size: 1 cup

Ingredients

- 3 cups water
- 2 cups dried black-eyed peas
- 1 teaspoon low sodium chicken-flavored bouillon granules
- 2 cups canned no salt added tomatoes, crushed
- 1 large onion, finely chopped
- 2 stalks celery, finely chopped
- 3 teaspoons minced garlic
- 1/2 teaspoon dry mustard
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1 bay leaf
- 1/2 cup chopped parsley

Directions

1. Add 2 cups of the water and black-eyed peas to a medium saucepan. Bring to a boil over high heat. Boil for 2 minutes. Then, cover the pan and remove it from the heat. Let stand for 1 hour.
2. Drain the water, leaving the peas in the saucepan. Add the remaining 1 cup of water, bouillon granules, tomatoes, onion, celery, garlic, dry mustard, ginger, cayenne pepper and bay leaf. Stir together. Then, bring to a boil. Cover the saucepan. Reduce the heat and simmer slowly for 2 hours. Stir occasionally. Add water, as necessary, to keep the peas covered with liquid.
3. Remove the bay leaf from the cooked beans. Spoon the beans into a serving bowl. Garnish with parsley and serve.



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Sources: <http://mylifecheck.heart.org>, www.mayoclinic.com

<p>Monday, February 13</p> <p>POPCORN CHICKEN OR BAKED POTATO GREEN PEAS FRENCH FRIES PINEAPPLE TOSSED SALAD</p> <p>BREAKFAST CHEESE TOAST OR CEREAL AND TOAST MILK AND JUICE</p>	<p>Tuesday, February 14</p> <p>HOTDOGS /W/CHILI OR FISH SANDWICH COLESLAW BAKED BEANS PEACHES TOSSED SALAD</p> <p>BREAKFAST PANCAKES OR CEREAL AND TOAST MILK AND JUICE</p>	<p>Wednesday, February 15</p> <p>OVEN BAKED CHICKEN W/ROLL TOSSED SALAD MASHED POTATO GREEN BEANS APPLESAUCE</p> <p>BREAKFAST MAXSTIX OR CEREAL AND TOAST MILK AND JUICE</p>	<p>Thursday, February 16</p> <p>VEG SOUP W/ GRILLED CHEESE OR PEANUT BUTTER COOKIES AND FRESH FRUIT TOSSED SALAD</p> <p>BREAKFAST MUFFIN OR CEREAL AND TOAST EARLY RELEASE</p>	<p>Friday, February 17</p> <p>PEP PIZZA OR CHICKEN SALAD PINTO BEANS STEAMED CABBAGE FRESH FRUIT TOSSED SALAD</p> <p>BREAKFAST SAUSAGE BIST OR CEREAL AND TOAST MILK AND JUICE</p>
<p>Monday, February 20</p> <p>CHICKEN FILLET OR BAKED POTATO TOSSED SALAD GREEN PEAS FRENCH FRIES PINEAPPLES</p> <p>BREAKFAST POP TART OR CEREAL AND TOAST MILK AND JUICE</p>	<p>Tuesday, February 21</p> <p>CORN DOG NUGGETT OR FISH NUGGETT Tossed Salad BAKED BEAN COLESLAW PEACHES</p> <p>BREAKFAST HONEY BUN OR CEREAL AND TOAST MILK AND JUICE</p>	<p>Wednesday, February 22</p> <p>PORK CHOP W /ROLL OR BEEF STEAK&GRAVY W/ROLL MASHED POTATO GREEN BEANS Applesauce TOSSED SALAD</p> <p>BREAKFAST MAXSTIX OR CEREAL AND TOAST MILK AND JUICE</p>	<p>Thursday, February 23</p> <p>CHICKEN NOODLES SOUP Or FAJITA WRAP TOUSED SALAD CORN FRESH FRUIT</p> <p>BREAKFAST MUFFIN OR CEREAL AND TOAST MILK AND JUICE</p>	<p>Friday, February 24</p> <p>CHEESE PIZZA OR TUNA SALAD TOSSED SALAD PINTO BEANS STEAMED CABBAGE FRESH FRUIT</p> <p>BREAKFAST SAUSAGE BIST OR CEREAL AND TOAST MILK AND JUICE</p>
<p>Monday, February 27</p> <p>POPCORN CHICKEN OR BAKED POTATO GREEN PEAS FRENCH FRIES PINEAPPLE TOSSED SALAD</p> <p>BREAKFAST CHEESE TOAST OR CEREAL AND TOAST MILK AND JUICE</p>	<p>Tuesday, February 28</p> <p>HOTDOGS /W/CHILI OR FISH SANDWICH COLESLAW BAKED BEANS PEACHES TOSSED SALAD</p> <p>BREAKFAST PANCAKES OR CEREAL AND TOAST MILK AND JUICE</p>	<p>Wednesday, February 29</p> <p>SPAGHETTI /GARLIC BREAD OR TURKEY WRAP TOSSED SALAD CORN APPLESAUCE</p> <p>BREAKFAST MAXSTIX OR CEREAL AND TOAST MILK AND JUICE</p>		