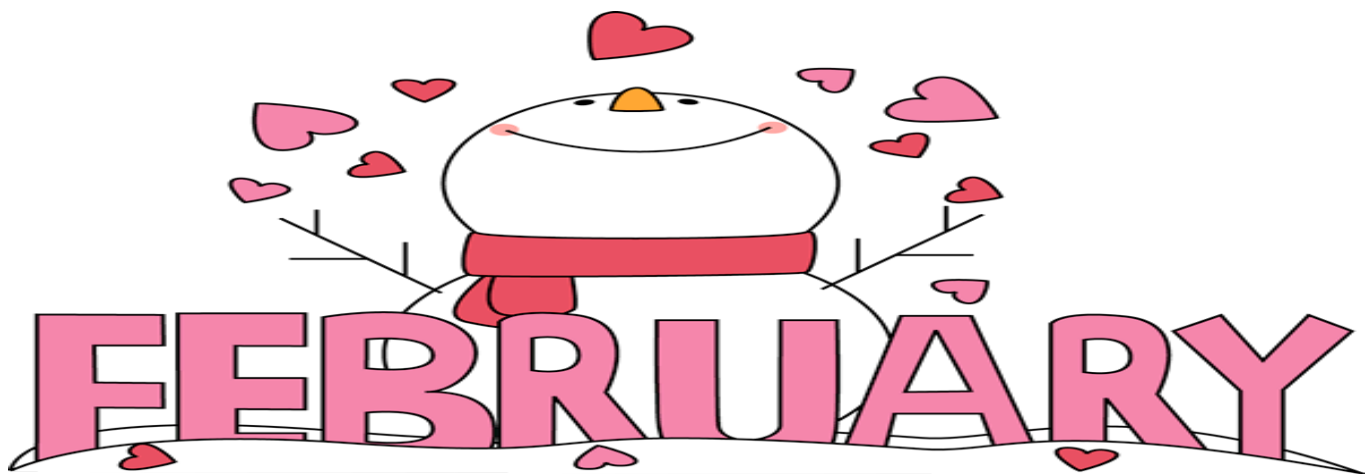


Breakfast 2018

Mon	Tue	Wed	Thu	Fri
Mini Cinnis w/Gogurt Or Variety of Whole Grain Cereal w/ Graham Cracker Fruit Fruit Juice Milk	French Toast Sticks Or Variety of Whole Grain Cereal w/ Graham Cracker Fruit Fruit Juice Milk	Sausage Breakfast Muffin Or Variety of Whole Grain Cereal w/ English Muffin Fruit Fruit Juice Milk	Breakfast On A Stick Or Variety of Whole Grain Cereal w/ Graham Cracker Fruit Fruit Juice Milk	Hot Oatmeal Cereal Or Variety of Whole Grain Cereal Breakfast Bar Fruit Fruit Juice Milk



STEPS TO SUCCESS

Make exercise a family activity. The entire family should take a walk, play basketball or ride their bike after dinner, for example.

1. **Add activity to daily tasks.** Try walking instead of hopping in the car.
2. **Try a new class,** Football, soccer or swim team do not work for every child. But gymnastics, martial arts, dance or yoga can get children moving and provide significant health benefits.
3. **Mandate tech-free time.** Ask children to step away from their gadgets for an hour a day and encourage them to use this time to be active. Even something like an hour of tag can make a difference.
4. **Model good behavior.** Lace up those running shoes, pull out the yoga mat or hop on the bike. Children who see their parents being active are more likely to be active themselves.