

April

Greenwich Public Schools



2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HEALTHY EATING PLATE</p> <p>Use healthy oils like olive and canola oils for cooking, on salad, and at the table. Limit butter. Avoid trans fat.</p> <p>Drink water, tea, or coffee with little or no sugar. Limit milk/dairy to 1-2 servings/day and juice to 1 small glass/day. Avoid sugary drinks.</p> <p>Eat a variety of whole grains like whole wheat bread, whole grain pasta and brown rice. Limit refined grains like white rice and white bread.</p> <p>Choose fish, poultry, beans, and nuts. Limit red meat and choose lean beef, chicken, and other processed meats.</p> <p>The more you eat – and the greater the variety – the better. Processed and french fries don't count.</p> <p>Eat plenty of fruits of all colors.</p> <p>STAY ACTIVE!</p> <p>Harvard T.H. Chan School of Public Health The Nutrition Source www.health.harvard.edu/nutritionsource</p> <p>Harvard Medical School Harvard Medical Education www.health.harvard.edu</p>					<p>1</p> <p>Cheese Pizza Vegetable Bites</p>	<p>2</p> <p>Boar's Head</p>
<p>3</p>	<p>4</p> <p>All Beef Frankfurters Whole Wheat Bun Vegetarian Beans</p>	<p>5</p> <p>Whole Grain Breaded Chicken Drumsticks Whole Corn</p>	<p>6</p> <p>Pasta Du Jour Meat Sauce Whole Grain Roll</p>	<p>7</p> <p>Burgers/ Cheese Burgers Potato Wedges</p>	<p>8</p> <p>Wild Mike's Cheese Breadsticks Marinara Sauce</p>	<p>9</p>
<p>10</p>	<p>11</p> <p>Earth Day <u>"Meatless Monday"</u> Cheese Quesadillas Baked Black Beans Salsa Fresca</p>	<p>12</p> <p>Chicken Parmesan Sandwich Whole Wheat Roll Veggie Bites</p>	<p>13</p> <p>Pasta Du Jour Meat Sauce Whole Grain Roll</p>	<p>14</p> <p>Grilled Cheese Tomato Soup Veggie Bites</p>	<p>15</p> <p>School Closed</p>	<p>16</p>
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p> <p>Nutrition Essentials</p>
<p>24</p>	<p>25</p> <p><u>"Breakfast for Lunch"</u> French Toast Chicken Sausage</p>	<p>26</p> <p>Macaroni & Cheese Steamed Broccoli</p>	<p>27</p> <p>Pasta Du Jour Meat Sauce Whole Grain Roll</p>	<p>28</p> <p>Baked Chicken Tenders Brown Rice Steamed Carrots</p>	<p>29</p> <p>Cheese Pizza Vegetable Bites</p>	<p>30</p>

MY HEALTHY CHECKLIST

FRUIT 1 2 3

GRAINS 1 2 3 4 5 6

VEGETABLES 1 2 3 4 5

PROTEIN 1 2 3 4 5

DAIRY 1 2 3

exercise water

BASED ON LEUNG CALORIES PER DAY