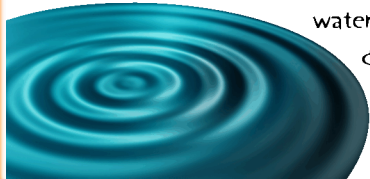
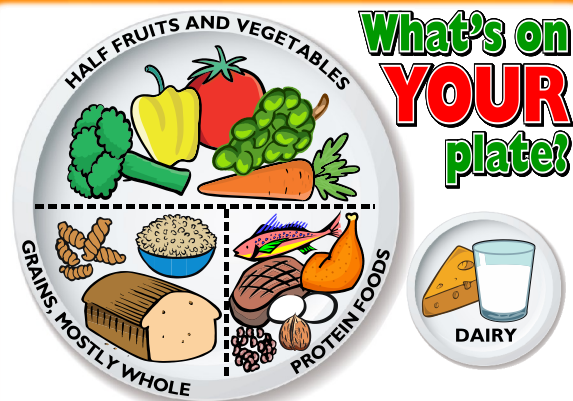


# RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



## Tastes like summer!



Fresh summer tomatoes are one of the great taste treats of the year. Over 10,000 varieties of tomatoes exist, and Americans eat an average of 22 pounds worth a year -- but most of that is packaged stuff, in the form of ketchup and tomato sauce. Do yourself a favor -- eat some delicious summertime tomatoes the way nature "packaged" them -- warm and juicy, right off the vine!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, September 16

### Breakfast

Muffin or  
Yogurt w/ Granola  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Mini Cheese Calzones  
Kernel Corn  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Tuesday, September 17

### Breakfast

Ham & Egg Combo Bar or  
Peach Yogurt Parfait  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

White Chicken Chili  
Cornbread  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Wednesday, September 18

### Breakfast

Sausage & Cheese Croissant  
Or Bagel Bar  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Chicken Egg Roll  
& Fried Rice  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Thursday, September 19

### Breakfast

Sausage Breakfast Pizza or  
Breakfast Cereal  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Mini Cheese Raviolis  
Green Beans  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Friday, September 20

### Breakfast

Chocolate Chip Scone or  
Cherry Apple Breakfast Bar  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Cheeseburger  
French Fries  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Monday, September 23

### Breakfast

Mini Cinnamon Rolls or  
Yogurt w/ Granola  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Personal Pan Pepperoni  
Pizza  
Kernel Corn  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Tuesday, September 24

### Breakfast

Mini Pancakes or  
Blueberry Yogurt Parfait  
Fruit & Juice  
Non-Fat or 1% White Milk

### Breakfast for Lunch!

Pancakes w/ Maple Syrup  
Omelet  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Wednesday, September 25

### Breakfast

Ham, Egg & Cheese Muffin or  
Banana Bread  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Bean & Cheese Burrito  
Black Bean & Corn Salsa  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Thursday, September 26

### Breakfast

Sausage & Egg Burrito or  
Breakfast Cereal  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Spaghetti Spirals &  
Meat Sauce  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

Friday, September 27



Monday, September 30

### Breakfast

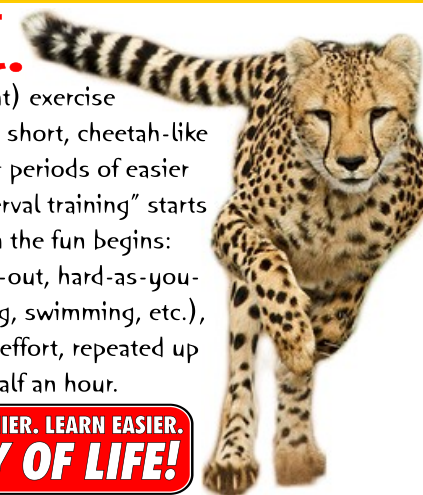
Muffin or  
Yogurt w/ Granola  
Fruit & Juice  
Non-Fat or 1% White Milk

### Lunch

Fish Sticks, Cornbread  
Tater Tots  
Fresh Fruit & Veggie Bar  
1% White or Non-Fat Chocolate/White Milk

# INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.



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