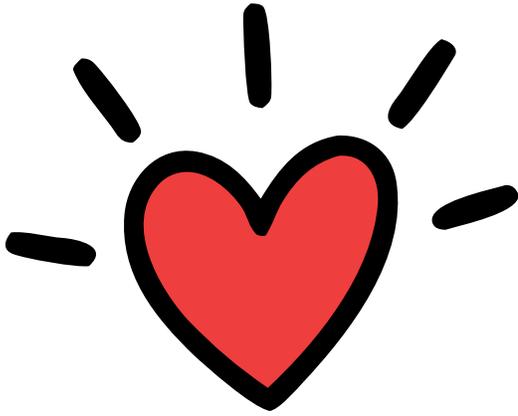


Happenings this Month



February is **Heart Health Month**! Being heart healthy as a family helps to build lifelong healthy habits for kids. Here are a few tips to help you become a heart-healthy family. Start with one and build from there.

- **Drink water:** Water should be your family's main drink. Everyone should drink water throughout the day. Limit soda and juice to one meal only, or a few servings per week.
- **Plan meals together:** Get the kids involved with meal planning. Let them choose a recipe to help shop for and prepare. Aim for meals that include lots of fruits and vegetables and lean proteins.
- **Get moving:** Plan for at least three hours total of weekly active time. Go for a family walk, bike, hike or swim. If your kids are in sports and you take them to practices, set a good example by walking laps around the field instead of sitting on the sidelines.

The **Bento of the Month** includes a hard-boiled egg, mozzarella cubes, cucumber slices, red grapes, and Goldfish (K-8) or wheat crackers (9-12).

The **Salad of the Month** features a bed of crispy Little Leaf lettuce topped with our own roasted chickpeas, local pumpkin seeds, a variety of fresh vegetables, and a side of our own balsamic vinaigrette.

K-5 Daily Alternative Menu Options:

- Turkey & Cheese Sandwich
- ✓ Sunbutter & Jelly Sandwich
- ✓ Cheese Pizza

K-5 Alternative Menu Options Tue-Wed-Thu:

- Chicken and Cheese Salad
- ✓ Vegan Chick'n Sandwich
- Bento of the Month / Salad of the Month



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6-8 Daily Alternative Menu Options:

- ✓ Cheese Pizza / Sunbutter & Jelly Sandwich ✓
- Chicken Caesar Salad / Vegan Chick'n Sandwich ✓
- Buffalo Chicken Salad / Vegan Roasted Chickpea Salad ✓
- Bento of the Month / Salad of the Month

9-12 Daily Alternative Menu Options:

- ✓ Cheese Pizza / Sunbutter & Jelly Sandwich ✓
- Chicken Caesar Salad / Vegan Chick'n Sandwich ✓
- Bento of the Month / Salad of the Month
- Variety of Cold Sandwiches, Salads, and Hot Grab & Go Items