

Families Making the Connection

Healthy Active Children

Did you know that ILCS has a Wellness Policy? The ILCS Board passed the policy to reduce obesity, address hunger and promote health. The policy includes the following:


- Local education agencies (LEAs) should establish a School Health Advisory Council (Wellness Committee) with members from the school, community and health representatives, families and students.
- LEAs should have a Wellness Policy that includes goals for nutrition education and promotion, physical activity, and other activities to promote student wellness.
- K-8 schools should offer 30 minutes of physical activity every day. Elementary schools should move toward 150 minutes/week of physical education.
- Recess and physical activity should not be taken away as a form of punishment.
- LEAs should have guidelines for all foods and beverages on campus, offer healthy food/beverage options for students, limit marketing to only healthy foods/beverages, offer nutrition education and choose options other than food to reward students.
- LEAs should evaluate progress, complete annual reports, and share the results. This is the School Health Index and is posted on our website each year with Action Plans that are created from this evaluation tool.

Visit

<https://www.inlandleaders.com/wellness-lunch-service>

Menus for January 2020

Inland Leaders Charter Schools

		Wednesday, January 1	Thursday, January 2	Friday, January 3
		NO SCHOOL	NO SCHOOL	NO SCHOOL
Monday, January 6	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
NO SCHOOL	Nada Taco Orange/Grapes Milk Pinto Beans Broccoli Fresh Fruit/Veggie Bar	Three Bean Chili Pears/Apples Milk Peas Roll Croutons Fresh Fruit/Veggie Bar	Teriyaki Broccoli Bowl Brown Rice Apple/Grapes Roll Milk Fresh Fruit/Veggie Bar	French Bread Pizza Banana/Pineapple Milk Broccoli Fresh Fruit/Veggie Bar
Monday, January 13	Tuesday, January 14	Wednesday, January 15	Thursday, January 16	Friday, January 17
Chicken Cheese Burrito Apples/Banana Broccoli Milk Fresh Fruit/Veggie Bar	Cheese Queso Banana/Grapes Milk Pinto Beans Broccoli Peas Fresh Fruit/Veggie Bar	Taquito Black Beans Pineapple / Apples Milk Peas Crouton Fresh Fruit/Veggie Bar	Spaghetti with Meat Sauce or Marinara Green Beans Peaches/ Banana Roll Milk Fresh Fruit Veggie Bar	Calzone Pepperoni Pizza Banana//Pineapple Milk Broccoli Garbanzo beans Fresh Fruit/Veggie Bar
Monday, January 20	Tuesday, January 21	Wednesday, January 22	Thursday, January 23	Friday, January 24
NO SCHOOL	Totally Taco Banana/Grapes Milk Pinto Beans Broccoli Fresh Fruit/Veggie Bar	Sloppy Joes Potato Wedges Banana/Blueberries Milk Croutons Fresh Fruit/Veggie Bar	Popcorn Chicken Pineapple/Apple Sweet Potato Fries Green Beans Milk Crouton Fresh Fruit/Veggie Bar	Turkey/Beef Pep Pizza Banana/Strawberry Milk Broccoli Pinto beans Fresh Fruit/Veggie Bar
Monday, January 27	Tuesday, January 28	Wednesday, January 29	Thursday, January 30	Friday, January 31
Tuna San/Turkey Sub Pineapple/Apple Milk Garbanzo beans Crouton Fresh Fruit/Veggie Bar	Taco Bar Orange/Grapes Milk Pinto Beans Broccoli Crouton Fresh Fruit/Veggie Bar	Spaghetti with Meat Sauce or Marinara Green Beans Peaches/ Banana Roll Milk Fresh Fruit Veggie Bar	Three Bean Chili Pears/Apples Milk Peas Roll Croutons Fresh Fruit/Veggie Bar	Pizza Crunchers Apple/Strawberry Milk Peas Diced Chicken Garbanzo beans Fresh Fruit/Veggie Bar

January

- Family Fit Lifestyle Month
- Healthy Weight Week (3rd week)

EAT YOUR BROCCOLI

Broccoli Brain-Buster

(answers below)

1. Broccoli is dark green. This means it is very high in _____.
A.) water B.) air C.) nutrients D.) green particles
2. Broccoli provides _____.
A.) fiber B.) vitamin A C.) vitamin C D.) all three
3. Which state grows the most broccoli in the United States?
A.) California B.) Texas C.) Ohio D.) Florida

ANSWERS: 1. C, 2. D, 3. A

California Food Fun

California produces more than 250 crops and livestock products and is the #1 agricultural state in the country. Unscramble the letters of some of these fruits and vegetables grown in California:

1. NRAGOES _____
2. AGPRES _____
3. IERAWBSTRES _____
4. EHACPSE _____
5. RPEAS _____
6. EYRELC _____
7. LPMUS _____
8. URECOFILALW _____

ANSWERS: 1. oranges, 2. grapes, 3. strawberries, 4. peaches, 5. pears, 6. celery, 7. plums, 8. cauliflower

Reasons to Eat Broccoli

A ½ cup of cooked broccoli has lots of vitamin C, vitamin K, vitamin A, and folate. Folate is a vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.



Nutrition Facts

Serving Size: ½ cup fresh broccoli, chopped (44g)

Calories 15 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 65%	Iron 2%

Folate Champions*:

Avocados, broccoli, dry beans, fortified whole grain breads and cereals, orange juice, peanuts, and spinach.

*Folate Champions are a good or excellent source of folate (at least 10% Daily Value).

How Much Do I Need?

A ½ cup of broccoli is about the size of one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. All kids should be active for at least 60 minutes every day.

Visit www.mypyramid.gov/kids to find out how many cups of fruits and vegetables you need to eat every day. Write it down on paper and make a plan to reach your daily amount. And don't forget to be active every day!

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day.

Visit www.mypyramid.gov/kids to learn more.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.calchampionsforchange.net for healthy tips. © California Department of Public Health 2010.

