

Daily Choice of: 1% or Non-Fat Milk

Staying Away from Fad Diets

1. Rapid Weight Loss - Healthy plans aim for a loss of no more than 1 to 2 pounds per week. If you lose weight quickly, you'll lose muscle, bone and water.

2. Quantities & Limitations - Ditch diets that allow unlimited quantities of any food, such as grapefruit and cabbage soup. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates.

3. Rigid Menus - With any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.

4. No Need to Exercise - Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and then aim for 30 to 60 minutes of activity on most days of the week.

*If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more.
www.eatright.org



Feb. 26 - Apr. 27, 2018 Middle School Lunch Menu

LEMON GROVE SCHOOL DISTRICT

Monday	Tuesday	Wednesday	Thursday	Friday
Bosco Stick & Marinara Sauce	Brunch for Lunch: (French Toast Sticks & Chicken Sausages)	Lemongrass Chicken & Brown Rice	Baked Chicken Drumstick & Roll	Galaxy Pizza (Turkey Pepperoni)
Chicken Nuggets	All Beef Hamburger on WG Bun	Corn Dog	Spaghetti w/ Italian Meat Sauce & Roll	Fish Tacos
Peanut Butter & Jelly Jamwich	Yogurt & Granola	Peanut Butter & Jelly Jamwich	Yogurt & Granola	Peanut Butter & Jelly Jamwich
Taco Salad	Turkey & Cheese Sub Sandwich	Chili, Cheese & Tortilla Chips	Buffalo Chicken Salad	Taco Salad

Three food groups must be taken, one must be at least a 1/2 cup serving of fruit and/or vegetable
This institution is an equal opportunity provider. Menus are subject to change.

Meals Include:

A selection of fruits & vegetables offered daily

FRUITS: apples, tangerines, grapes, oranges, banana, fruit cups, and 100% juice

VEGETABLES: romaine salad, baby carrots, cucumbers, jicama, broccoli, BBQ beans

Apply Online Today:

for Free & Reduced-Price Meals at

www.ezmealapp.com

All Lunch items are made with 51% or more **Whole Grain**

Student Lunch Meal Prices:

Paid \$2.65
Reduced \$0.40
Free \$0.00

Make checks payable to LGSD—Nutrition Services

Credit Cards accepted
Online only at

ezschoolpay.com

Cookie Days:

March 2
March 16
April 13

