

## Families Making the Connection

### Kids Eat Right

August is *Kids Eat Right Month*! *Kids Eat Right Month* encourages children and their families to eat healthy and be active. Families can shop smart, cook healthy and eat right together.

**Shop Smart**—Let your kids help with planning menus and shopping for food.

**Cook Healthy**—Involve your child in preparing meals and snacks.

**Eat Right**—Sit down together as a family to enjoy a tasty, healthy meal.

**Get Moving**—Be active together as a family. Kids should be active at least 60 minutes a day. Regular physical activity can strengthen bones and muscles, promote a healthy weight, support learning, develop social skills and build self-esteem.

**Build Healthy Habits**—Set a good example to help kids form healthy habits. Be active every day. Fill half your plate with fruits and veggies, make at least half your grains whole grains, choose water over sugary drinks, opt for low fat or fat free milk, and choose options lower in sodium, fat and sugar.



We all want children to be fit, succeed in school and grow into healthy adults. For more info, visit [www.kidseatright.org](http://www.kidseatright.org).

## August

- Family Meals Month
- Kids Eat Right Month
- National Peach Month
- National Farmers Market Week (August 6-12)
- National Watermelon Day (August 3)

Source: [www.kidseatright.org](http://www.kidseatright.org)

## The Point College Preparatory & Leadership Academy K-12 Breakfast August Menu

	Tuesday, August 1	Wednesday, August 2	Thursday, August 3	Friday, August 4
Monday, August 7	Tuesday, August 8	Wednesday, August 9	Thursday, August 10	Friday, August 11
				
Monday, August 14	Tuesday, August 15	Wednesday, August 16	Thursday, August 17	Friday, August 18
Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
WHOLE GRAIN BLUEBERRY MUFFINS	WHOLE GRAIN DANISHES	WHOLE GRAIN NUTURE GRAIN BARS	WHOLE GRAIN CINNAMON TOAST CRUNCH BARS	CHEERIOS WHOLE GRAIN GRAHAM CRACKERS
APPLESAUCE ORANGES	100% JUICE	APPLES	100% JUICE	BANANAS
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK
Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	
WHOLE GRAIN PANCAKES W/ SYRUP SAUSAGE LINKS	WHOLE GRAIN GOLDEN GRAHAM CEREAL BAR	WHOLE GRAIN ORANGE BLOSSOM MUFFINS	WHOLE GRAIN DANISHES	
ORANGES FRUIT COCKTAIL	100% JUICE	APPLES	100% JUICE	
LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	LOW FAT OR SKIM MILK	



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