

Families Making the Connection

Family Meals Matter

Families who regularly share meals together eat healthier.

With a little bit of planning...

Family meals can be part of your routine. Choose a time when everyone can be there. Ask your family for help and ideas on how to deal with barriers to family meals.

Family Meals Motivator: Do prep work on weekends. Prepare a dish ahead of time or make extra. Put it in the freezer until ready to cook.

With a little bit of prep...

Meals can be on the table in no time. Get everyone involved. Kids can mix ingredients, wash produce, set the table and serve dishes.

Family Meals Motivator: Keep the mood upbeat during prep time. Play some music everyone enjoys.

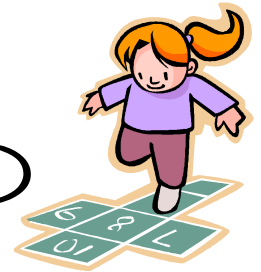
With a little bit of patience...

Meals can be enjoyable for everyone. Model good manners. Encourage calm and keep interactions positive.

Family Meals Motivator: Give everyone a chance to talk about their day.



Menus for August 2010



Moore County Schools - Elementary

Monday, August 23	Tuesday, August 24	Wednesday, August 25	Thursday, August 26	Friday, August 27
		Pop Tart Yogurt & Graham Assorted Cereals Breakfast Juice Milk Pizza 1/2 Cup Tossed Salad Ice Cold Watermelon Wedge Milk Assorted Salad Dressing	Super Donut Yogurt & Graham Assorted Cereals Breakfast Juice Milk Chicken Sandwich 1/2 Cup Potato Wedges 1/4 Cup Pickles Banana Milk Ketchup, Mustard, Mayo	Honey Bun Yogurt & Graham Assorted Cereals Breakfast Juice Milk <i>Summer Picnic Lunch</i> Cheese Sandwich 1/2 Cup Carrot Sticks 1/2 Cup Applesauce Sunchip Milk Ranch
Monday, August 30	Tuesday, August 31	Wednesday, September 1	Thursday, September 2	Friday, September 3
Pop Tart Yogurt & Graham Assorted Cereals Breakfast Juice Milk Comdog Nuggets 1/2 Cup Baked Beans Ice Cold Watermelon Wedge Milk Ketchup, Mustard	Muffin Yogurt & Graham Assorted Cereals Breakfast Juice Milk Fish Shapes 1/2 Cup Sweet Peas 1/2 Cup Pears Milk Ketchup, Tarter Sauce	Pancake on a Stick Yogurt & Graham Assorted Cereals Breakfast Juice Milk Teriyaki Beef Bites 1/2 Cup Steam Rice 1/2 Cup Oriental Vegetables 1/2 Cup Mandarin Oranges Milk Soy Sauce	Super Donut Yogurt & Graham Assorted Cereals Breakfast Juice Milk Chicken Nuggets w Roll 1/2 Cup Mashed Potatoes w Gravy 1/2 Cup Green Beans Milk Ketchup, Ranch	Sausage Biscuit Yogurt & Graham Assorted Cereals Breakfast Juice Milk Pizza 1/2 Cup Whole Kernel Corn 1/2 Cup Peaches Milk

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Sources: <http://kidshealth.org>, www.theotherwhitemeat.com