

February Focus: A Healthy Heart!

The American Heart
Association's Diet and
Life Style
Recommendations:

-Use up as many calories as
you take in. To find your
personal calorie target, go to:
www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/calorie-calculator/itt-20084939

-Eat a variety of foods from all
of the food groups.

-Eat foods that are nutrient
dense.

-Choose fiber rich whole
grains.

-Eat lean cuts of meat, eat fish
containing omega-3 fatty
acids at least twice per week,
and skinless chicken.

-Select fat free (skim) and
low-fat (1%) dairy products.

- Cut back on beverages with
added sugars.

-Limit saturated fats and
trans fats

-Choose foods that are low in
sodium and prepare foods
with little or no salt

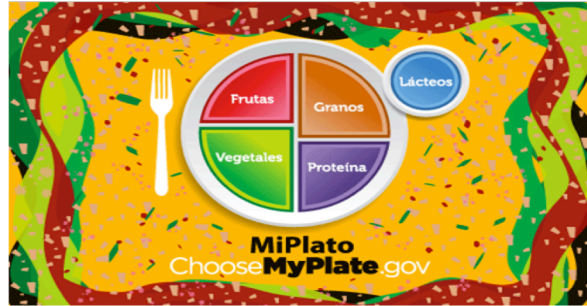
-Add legumes and beans to
your menu.

For Healthy Recipe Ideas:

www.heart.org/simplecooking

<https://whatscooking.fns.usda.gov/sites/default/files/featuredlinks/cookbook-homes.pdf>

<https://www.nutrition.gov/shopping-cooking-meal-planning/recipes>



All Meals include a variety of
fruit and vegetable choices

SPECIALS on PAGE 2

For information regarding the Food Service Program:

www.glenview34.org/parents/foodservices

Or contact us at 847-486-7702

Kimberly Cleveland

Director of Food Services

kcleveland@glenview34.org

Cheri Flicek

Administrative Assistant

Food Services

cflicek@glenview34.org



Visit this site to take the American Heart Association
Healthy Eating Quiz:

<https://media.heart.org/fc/quiz/index-3.html?xmlHash=d5caa76b92efaeff980beb2e7b9e9199>

SPECIALS

Attea and Springman Middle Schools

Friday, 2-2, Cheese Quesadilla with Salsa and Sour Cream
Monday, 2-5, SP: Shrimp Poppers served with Cheesy Garlic Bread
AT: Cheesy Meatloaf Sandwich on a Ciabatta Roll
Friday, 2-9, Cheese Quesadilla OR Corn Dog on a Stick*
Monday, 2-12, Mandarin Chicken in a take out container
Tuesday, 2-13, BBQ Beef Rib Patty on a Bun OR Cheddar Stuffed Pretzel Bosco Sticks
Friday, 2-16, BBQ Chicken Max Snax
Friday, 2-23, Cheese and Sausage Pizza Puff
Monday, 2-26, All Beef Hot Dog on a Bun

Glen Grove School

Friday, 2-2, BBQ Chicken Max Snax
Friday, 2-9, Chili with Beef and Beans with Crackers and Cheese
Friday, 2-16, Breaded Mozzarella Cheese Sticks with Marinara Sauce
Friday, 2-23, "Crabby Patty" Baked Crab Cake with Cheese on a Bun

Henking School

Friday, 2-16, Wild Mike's Cheesy Bites with Corn on the Cob

Hoffman School

Friday, 2-2, BBQ Rib Patty*** on a Bun
Friday, 2-9, Warm Ham**and Cheese Croissant Sandwich
Friday, 2-16, Berry Yogurt Parfait with Nut-Free Granola
Friday, 2-23, Shrimp Poppers served with Cheesy Garlic Bread

Lyon School

Friday, 2-16, Berry Yogurt Parfait with Nut-Free Granola

Pleasant Ridge School

Friday, 2-2, BBQ Rib Patty*** on a Bun
Friday, 2-9, Corn Dog on a Stick
Friday, 2-16, Pepperoni and Cheese Bosco Sticks
Friday, 2-23, Berry Yogurt Parfait with Nut-Free Granola

Westbrook School

Friday, 2-16, Cheese Ravioli with Marinara Sauce and Garlic Bread

* Turkey Product ** Chicken Product ***Beef
All bread and buns are whole grain rich.

