

February is American Heart Month!



-Heart Healthy Tips:

- 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:

<https://www.heart.org/en/healthy-living/healthy-eating>

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

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

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

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

For information regarding the Food Service Program:
www.glenview34.org/foodservice

Kimberly Cleveland
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Or contact us at 847-486-7702

Specials on Page Two

All meals are modeled after the MyPlate nutrition standards and include baked low fat entrees, whole grains, a variety of fresh fruit and vegetable options and low-fat milk.

This institution is an equal opportunity provider.

Specials

Attea and Springman

Monday, 2-4, Cinnamon French Toast with Sausage♦
Friday, 2-8, Corn Dog** on a Stick OR Chicken Quesadilla
Monday, 2-11, Meatloaf* and Cheese Sandwich on a Ciabatta Roll
Tuesday, 2-11, BBQ Rib Patty* on a Bun OR Cheddar Filled Pretzel Bosco Sticks
Friday, 2-15, Sausage Pizza Puff^
Friday, 2-22, Attea- Cheese Quesadilla with salsa and sour cream
Springman- Taco Max Snax* with salsa and sour cream
Monday, 2-25, General Tso Chicken over yakasoba noodles

Glen Grove

Friday, February 1, Shrimp Poppers with Cheesy Bread
Friday, February 8, Veggie Egg Roll with Chicken Fried Rice
Friday, February 15, Orange Chicken over Brown Rice
Friday, February 22 BBQ Rib* Patty on a Bun

Henking

Friday, February 15,
!!!!!!!!!!!!!!!!!!!!NEW!!!!!!!!!!!!!!!!!!!!
Pepperoni Pizza Munchable Box, includes mini pitas, pepperoni, shredded mozzarella, marinara sauce, fresh fruit
and veggie sticks OR
Hummus Munchable Box, includes mini pitas, hummus, cheese stick, fresh fruit, and veggie sticks

Hoffman

Friday, February 1, Warm Ham** and Cheese Croissant Sandwich
Friday, February 8, Pizza Bosco Sticks
Friday, February 15, Corn Dog** on a Stick
Friday, February 22, Berry Yogurt Parfait with Nut-free Granola

Lyon

Friday, February 15, Sloppy Joe* on A Bun

Pleasant Ridge

Friday, February 1, Breaded Chicken Patty on a Bun
Friday, February 8, Corn Dog** on a Stick
Friday, February 15, Warm Ham** and Cheese Croissant Sandwich
Friday, February 22, Cheese Quesadilla with Salsa and Sour Cream

Westbrook

Our Own Three Cheese Macaroni and Cheese with Shrimp Poppers

* Beef Product ** Turkey Product ♦ Chicken Product ^Pork Product