

## Families Making the Connection



### Dietary Guidelines

Did you know that the *Dietary Guidelines for Americans* are published every 5 years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture? Key elements of the most recent version of the *Dietary Guidelines* are:

- 1. Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to achieve and maintain a healthy weight, ensure you get the nutrients you need, and reduce your risk for chronic disease.
- 2. Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3. Limit calories from added sugars and saturated fats and reduce sodium.** Choose options low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in sugar, fat and salt to fit within healthy eating patterns.
- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
- 5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns from home to school to work to communities.

Check out <http://health.gov/dietaryguidelines>.

## The Point College Preparatory & Leadership Academy K-8 December Lunch Menu

				Friday, December 1
				PIZZA ROMAINE SALAD MIX (RANCH DRESSING) ORANGES  LOW FAT OR SKIM MILK
Monday, December 4	Tuesday, December 5	Wednesday, December 6	Thursday, December 7	Friday, December 8
TACO SALAD W/NACHO CHEESE  SHREDDED LETTUCE BLACK EYED PEAS FRESH FRUIT  LOW FAT OR SKIM MILK	CHICKEN NUGGETS W/GDINNER ROLL  FRESH CARROTS W/RANCH DIP ORANGES  LOW FAT OR SKIM MILK	BAKED SPAGHETTI  GREEN BEANS ORANGES  LOW FAT OR SKIM MILK	FRIED CHICKEN W/GDINNER ROLL  MASHED POTATOES DICED PEACHES  LOW FAT OR SKIM MILK	<b>EARLY RELEASE</b> PIZZA ROMAINE SALAD (RANCH DRESSING) ORANGES  LOW FAT OR SKIM MILK
Monday, December 11	Tuesday, December 12	Wednesday, December 13	Thursday, December 14	Friday, December 15
CHICKEN FILLET SANDWICH  YELLOW CORN APPLESAUCE  LOW FAT OR SKIM MILK	CUBE STEAK W/GDINNER ROLL  MASHED POTATOES PINEAPPLE TIDBITS  LOW FAT OR SKIM MILK	FRIED CHICKEN W/GDINNER ROLL  GREEN BEANS ORANGES  LOW FAT OR SKIM MILK	CHICKEN FAJITAS W/SALSA  SHREDDED LETTUCE BLACK BEANS FRUIT COCKTAIL  LOW FAT OR SKIM MILK	PIZZA ROMAINE SALAD MIX (RANCH DRESSING) ORANGES  LOW FAT OR SKIM MILK
Monday, December 18	Tuesday, December 19	Wednesday, December 20	Thursday, December 21	Friday, December 22
CHICKEN NUGGETS W/GDINNER ROLL  PINTO BEANS ORANGES  LOW FAT OR SKIM MILK	BAKED CHICKEN W/GROLL  MASHED POTATOES TROPICAL FRUIT MIX  LOW FAT OR SKIM MILK	<b>EARLY RELEASE</b> DELI TURKEY & CHEESE SANDWICH FRESH CARROTS W/ RANCH APPLESauce  LOW FAT OR SKIM MILK	<b>CHRISTMAS BREAK NOSCHOOL</b>	<b>CHRISTMAS BREAK NOSCHOOL</b>
Monday, December 25	Tuesday, December 26	Wednesday, December 27	Thursday, December 28	Friday, December 29
<b>CHRISTMAS BREAK NOSCHOOL</b>	<b>CHRISTMAS BREAK NOSCHOOL</b>	<b>CHRISTMAS BREAK NOSCHOOL</b>	<b>CHRISTMAS BREAK NOSCHOOL</b>	<b>CHRISTMAS BREAK NOSCHOOL</b>

## December

- Pear Month
- Tropical Fruits Month

Source: [www.fns.usda.gov](http://www.fns.usda.gov)



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<http://ic.hhs.gov/ncncpubliscshoolsgov>