

NEAT News - May 2008 -  
Exercise and Water

Good nutrition is important, but you also have to be active for total health. You need 30 minutes of moderate to vigorous activity most days to prevent diseases such as hypertension, heart disease, and others; and 60 minutes most days are necessary to prevent weight gain as you get older. Get off the couch this summer and try a new activity!

# May 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Ckn Asian Bites & roll Rib B Que Veg Chef Salad Veggie burger PBJ Sandwich 1	2 Spag & Bread Stick Fish & Cheese Sand Ham & Cheese Chef Salad Veggie Ckn Sand PBJ Sandwich	3	PREPAY FOR THE MONTH LUNCH ONLY Full Pay-\$26.25 Reduced-\$6.00
5 Pizza BBQ Ckn Sand Turkey Chef Salad Veggie Ckn Sand PBJ	6 Hamburger Cereal w/Milk & Muffin Ckn Fajita Wrap Veggie Burger PBJ	7 Ckn Nuggets/Roll Assorted Subs Veg Chef Salad Veggie Ckn Sand PBJ	8 Nachos w/cheese Yogurt Muffin Plate Ham & Cheese Wrap Veggie Burger PBJ	9 Grilled Cheese/soup Fun Fish & Roll Ckn Fajita Chef Salad Veggie Ckn Sand PBJ	10	BREAKFAST ONLY Full Pay-\$15.00 Reduced-\$4.50
12 Ckn Nuggets/Roll Rotini Meat Sauce & Roll Turkey Chef Salad Veggie Ckn Sand PBJ	13 Hot Dog Pizza Dippers Ckn Fajita Wrap Veggie Burger PBJ	14 Pancakes/Sausage Cheese Quesadilla Cereal w/milk & Muffin Veggie Ckn Sand PBJ	15 Pizza Sloppy Joe Ham & Cheese Wrap Veggie Burger PBJ	16 Ckn Patty Sand Fish Nuggets/Roll Veg Chef Salad Veggie Ckn Sand PBJ	17	BREAKFAST & LUNCH Full Pay-41.25 Reduced-\$10.50
19 Mini Corn Dogs Roasted Chicken W/gravy & roll Veg Chef Salad Veggie Ckn Sand PBJ	20 Pizza Cheese Omelet & Biscuit Ckn Fajita Wrap Veggie Burger PBJ	21 Tacos Yogurt Mufin Plate Turkey Chef Salad Veggie Ckn Sand PBJ	22	23	Offered Daily Choice of Milk, Fruit, PBJ	PrePay for Meals On-line @ <a href="http://www.mealpay.com">www.mealpay.com</a> plus.com
26 Memorial Day	27	28	29	30		

In the operation of the child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age or handicap. If you believe you have been discriminated against, write to the Secretary of Agriculture, Washington, DC 20250