

# March 2010



## National Nutrition Month

### Get the most nutrition out of your calories

Choose the most nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber and other nutrients but lower in calories.

- Focus on fruits. Eat a variety of fruits—fresh, frozen, canned or dried. For a 2,000 calorie diet, you need 2 cups of fruit each day.
- Vary your veggies. Eat more orange and dark green vegetables such as carrots, sweet potatoes, broccoli and dark leafy greens. Include beans and peas such as pinto beans, kidney beans, split peas and lentils more often.
- Get your calcium-rich foods. Have 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese every day (1 1/2 ounces of cheese equals 1 cup of milk). If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.
- Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.
- Go lean with protein. Choose lean meats and poultry. Bake it, broil it or grill it. And vary your protein choices with more fish, beans, peas, nuts and seeds.
- Know the limits on fats, salt and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars.

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1 Sloppy Joe on a bun , 3 Bean Salad Pineapple 2% Milk 1% Chocolate Milk	2 Diced Chicken w Gravy, mashed potatoes, peas 2% Milk 1% Chocolate Milk	3 Hot Ham & Cheese Sandwich Corn, Peaches 2% Milk 1% Chocolate Milk	4 Chili w Beans Rice, Broccoli Peaches 2% Milk 1% Chocolate Milk	5 No School
8 Chicken Nuggets Tossed Salad Mixed Fruit Bread Stick 2% Milk 1 % Chocolate Milk	9 Penne Pasta w Meat Balls, Tossed Salad Pears, Garlic Bread, 2% Milk 1% Chocolate Milk	10 Barbeque Chicken on Bun, Mixed Veggies, Pineapple 2% Milk 1% Chocolate Milk	11 Baked Potato Bar Peaches, Cornbread 2% Milk 1% Chocolate Milk	12 Pizza Tossed Salad Peaches 2% Milk 1% Chocolate Milk
15 Chicken Patty on Bun, Lettuce , Fresh Fruit 2% Milk 1% Chocolate Milk	16 Chili w Beans Rice, Broccoli Peaches 2% Milk 1% Chocolate Milk	17 Sheppard's Pie Mashed potatoes Roll, Mixed Fruit 2% Milk 1% Chocolate Milk	18 Cheese Burger Tossed Salad Potato Rounds 2% Milk 1% Chocolate Milk	19 Pizza Baby Carrots Fresh Fruit 2% Milk 1% Chocolate Milk
22 Sloppy Joe on a bun , 3 Bean Salad Pineapple 2% Milk 1% Chocolate Milk	23 Diced Chicken w Gravy, mashed potatoes, peas 2% Milk 1% Chocolate Milk	24 Hot Ham & Cheese Sandwich Broccoli, Peaches 2% Milk 1% Chocolate Milk	25 Pizza Tossed Salad Peaches 2% Milk 1% Chocolate Milk	26 Fish Burger on Bun Tator Tots Applesauce 2% Milk 1% Chocolate Milk
29 Chicken Nuggets Tossed Salad Mixed Fruit Bread Stick 2% Milk 1 % Chocolate Milk	30 Penne Pasta w Meat Balls, Tossed Salad Pears, Garlic Bread, 2% Milk 1% Chocolate Milk	31 Barbeque Chicken On Bun, Mixed Veggies, Pineapple 2% Milk 1% Chocolate Milk		



Holy Cross Hospital is the proud sponsor of your schools'  
National School Lunch program.

Comments? Questions? Call: 954-771-5808  
Menu subject to change due to availability.