

## Families Making the Connection

### National Childhood Obesity Awareness Month

One in 3 children in the United States are overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. The good news? Childhood obesity can be prevented. Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and get more active. Make a difference for kids: spread the word about strategies for preventing childhood obesity and encourage communities, organizations, families, and individuals to get involved.

**Walk to School** Walk to School Day is a global event that involves communities from around the world. Mark your calendars. Walk to School Day 2017 will be October 4.

### How to Walk, Bike or Wheel to School?

- Involve students of all abilities—students who can walk, bike or use a wheel chair.
- Plan for students who ride the bus to be dropped off 1-2 blocks away from the school. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Visit [www.walkbiketoschool.org](http://www.walkbiketoschool.org) for more info.

# Menus for September 2017

[BARR REEVE Elementary Schools

				Friday, September 1
		<b>Offered Daily:</b> <b>Milk, Juice, and a Variety of Fresh Fruits and Vegetables</b>	Student Tray 2.60  Adult Tray 3.25	Personal Pepperoni Pizza OR All American Sub Green Beans
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
<b>NO SCHOOL LABOR DAY</b>	Chicken Nachos and Rice OR Chicken Patty Sandwich Green Beans	Chicken Nuggets and A Dinner Roll OR Ham Chef Salad and a Breadstick Baked Beans	Italian Pasta Bake and a Breadstick OR Cheeseburger Broccoli	Cheese Stuffed Pizza OR Turkey and Cheese Sub Peas & Carrots
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Hot Ham & Cheese Sliders OR Turkey Cheese Sub Baked Beans	French Toast Sticks and Sausage Links OR Corn dog Tater Tots	Chicken Leg and a Dinner Roll OR Chicken Fajita Salad and-Tortilla Triangles Green Beans	Beef Nachos and Rice OR Cheeseburger Carrots	Personal Pepperoni Pizza OR Ham and Cheese Wrap Broccoli
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Cheesy Tuna Noodles And a Breadstick OR Ham Cheese Sub Green Beans	Salisbury Steak w/ Gravy And Noodles OR Hot Dog on a Bun Broccoli	Popcorn Chicken and A Dinner Roll OR Egg Chef Salad and a Breadstick Carrots	Chili Soup and Crackers OR Cheeseburger Corn	Cheese Stuffed Pizza OR Turkey and Ham Sub Peas & Carrots
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
BBQ Rib Sandwich OR Turkey and Ham Wrap French Fries	Fish Sticks and Macaroni & Cheese OR Corn dog Green Beans	Chicken Strips and a Biscuit OR Turkey Chef Salad and A Breadstick Carrots	Beef Tacos OR Cheeseburger Refried Beans	Personal Pepperoni Pizza OR All American Sub Broccoli

**Breakfast served Daily**

You may add to your child's lunch account

Online through Harmony or by sending cash or a check to the school.

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month

Sources: [www.ncfarmtoschool.com](http://www.ncfarmtoschool.com), [www.walkbiketoschool.org](http://www.walkbiketoschool.org)

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