

**5 Ideas for Growing Healthy**

- 5** Eat at least **5** fruits and vegetables a day.
- 2** Keep screen time down to **2** hours or less per day.
- 1** Get **1** hour or more of physical activity every day.
- 0** Drink **0** sugar-sweetened drinks.

**In February we will learn about animal protein.**

Scan the QR codes below and read each book with your child to learn about different animal protein foods grown in Iowa.

**My Family's Pig Farm**



[https://issuu.com/willfett/docs/myfamilyspigfarm-revised\\_print](https://issuu.com/willfett/docs/myfamilyspigfarm-revised_print)

**What are momma pigs called?** \_\_\_\_\_

**What is the meat from pigs called?** \_\_\_\_\_

**My Family's Beef Farm**

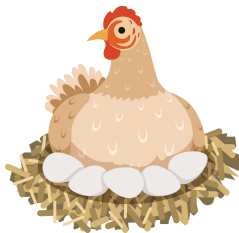


[https://issuu.com/myfamilysfarm/docs/beefbook\\_web\\_1](https://issuu.com/myfamilysfarm/docs/beefbook_web_1)

**What is a cow's baby called?** \_\_\_\_\_

**About how much does a new born calf weigh?** \_\_\_\_\_

**My Family's Egg Farm**



<https://www.yumpu.com/en/document/read/62891708/my-family-s-egg-farm>

**About how many eggs does each chicken lay per day?** \_\_\_\_\_

**Protein Foods Help Children Grow Healthy**

The USDA MyPlate recommends that children eat 3-5 oz-equivalents from the protein group every day.

Animal foods such as beef, chicken, pork, fish and eggs are complete proteins. Complete proteins are needed for normal growth rates.

Plant foods such as dry beans, nuts, nut butter, soy products and beans are incomplete proteins. To make incomplete proteins complete, drink milk or add cheese or small amounts of meat. A couple of examples of complete sources of protein are macaroni and cheese and beans and rice.

For more information about the protein group visit [myplate.gov](http://myplate.gov).

**In-Kind Nutrition Activity**

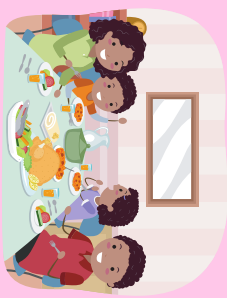
*Each book you read from the QR codes above with answers provided can be turned in for 15 minutes in-kind credit.*

Name of your child: \_\_\_\_\_

Date activity completed: \_\_\_\_\_

Parent/Guardian Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_



# February 2024

## Family Meal Tracker for In-Kind Credit



Children need zinc to grow and develop. Zinc is a mineral that is important for immune function, wound healing, and the senses of smell and taste. Foods with zinc include: meats (like beef or pork), dairy (like yogurt or cheese), fish and shellfish and legumes (like black beans, kidney beans and more).

**Rules for Credit:**  
**Circle meals eaten together**  
**B** = Breakfast **L** = Lunch **D** = Dinner  
Eat Together  
Sit Around Table Together  
No TV - Focus On Meal Conversations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly Meals:
				B L D	B L D	B L D	Total Weekly Meals: <input type="text"/>
4	5	6	7	8	9	10	Total Weekly Meals: <input type="text"/>
B L D	B L D	B L D	B L D	B L D	B L D	B L D	Total Weekly Meals: <input type="text"/>
11	12	13	14	15	16	17	Total Weekly Meals: <input type="text"/>
B L D	B L D	B L D	B L D	B L D	B L D	B L D	Total Weekly Meals: <input type="text"/>
18	19	20	21	22	23	24	Total Weekly Meals: <input type="text"/>
B L D	B L D	B L D	B L D	B L D	B L D	B L D	Total Weekly Meals: <input type="text"/>
25	26	27	28	29			Total Weekly Meals: <input type="text"/>
B L D	B L D	B L D	B L D	B L D			Total Weekly Meals: <input type="text"/>

Child Name: \_\_\_\_\_

Address: \_\_\_\_\_

Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Total  
Monthly  
Meals:

# February Menu 2024

Menus developed following USDA CACFP. Milk served daily at breakfast and lunch. Whole milk for 12-24 months, low fat milk for 2+. WG = Whole Grain CN = Child Nutrition Label

"This institution is an Equal Opportunity Provider"



We support local farmers! We serve local yogurt and other local food when seasonally available.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Protein Foods Help Children Grow Healthy**

Scan each QR code to read a book and learn about different animal protein foods grown in Iowa.

**Pork**



**Beef**



**Eggs**



Tropical Fruit  
WG Banana Muffin **1**

Chicken Pot Pie  
over WG Biscuit  
Banana

Clementine  
Milk

Grapes  
WG Chex **2**

WG Chicken Drum  
Green Beans  
Mashed Potatoes

WG Breadstick  
Marinara Sauce

Mandarin Os  
WG Kix **5**

Chicken Stir Fry  
Brown Rice  
Pears

Yogurt  
Mango

Peaches  
WG Blueberry Bagel **6**

Veg Beef Soup  
WG Breadstick  
Crushed Pineapple

Apple  
Milk

Strawberries  
Turkey Sausage CN **7**

WG,CN Chicken Patty  
Broccoli Littles  
Clementine

Banana  
Milk

Banana  
WG Toast **8**

Beef Nacho Dip  
WG Tortilla Chips  
Corn  
Refried Beans

WG Goldfish  
Grapes

**No School**  
PD Day **9**

Pineapple  
Yogurt **12**

Beef & Cheddar on  
WG Pretzel Bun  
Corn, Pears &  
Cottage Cheese

Kiwi  
Milk

Applesauce  
WG English Muffin **13**

Chicken & Sausage  
Jambalya  
Wax Beans  
Fruit Cocktail

WG Chips  
Salsa

Blueberries  
WG Pancakes **14**

Strawberry Yogurt  
Valentines WG Roll  
Turkey Stick  
Cucumbers

Orange  
Milk

Banana  
Oatmeal **15**

Grilled Chicken  
WG Pasta & Broc  
Tossed Salad

Apple  
Milk

Clementine  
Rice Krispies **16**

Southern Pollock  
WG Dinner Roll  
Peas  
Apricots

Cherry Tomatoes  
String Cheese

Baked Apples  
Oatmeal **19**

Buffalo Chicken  
WG Alfredo Bake  
Broccoli  
Crushed Pineapple

Fresh Pear  
Milk

Mandarin Os  
WG Cheerios **20**

Scrambled Egg  
Hashbrown Patty  
Fruit Cocktail  
WG Apple Muffin

Peaches  
Milk

Tropical Fruit  
WG CN Burrito **21**

Ham & Black Eyed  
Peas  
Collard Greens  
WG Cornbread

Banana  
String Cheese

Pears  
Yogurt **22**

Hamburger CN  
on WG Bun  
Sweet Potato Puffs  
Lima Beans

Grapes  
Milk

Banana  
WG Toast **23**

Tuna & WG  
Noodles  
Peas  
Tossed Salad

Clementine  
WG Graham's

Tropical Fruit  
WG Rice Chex **26**

White Chicken Chili  
Oyster Crackers  
Baby Carrots  
Applesauce

WG Breadstick  
Marinara Sauce

Mango  
Oatmeal **27**

WG CN Beef Sticks  
Mashed Potatoes  
Green Beans

Apple  
Milk

Cherries  
WG Waffle **28**

Sloppy Joe  
on WG Bun  
Butternut Squash  
Baked Beans

WG Crackers  
Milk

Clementine  
WG Pumpkin Muffin **29**

Deconstructed Egg  
Roll in a Bowl  
Brown Rice  
Banana

WG Ritz  
Milk