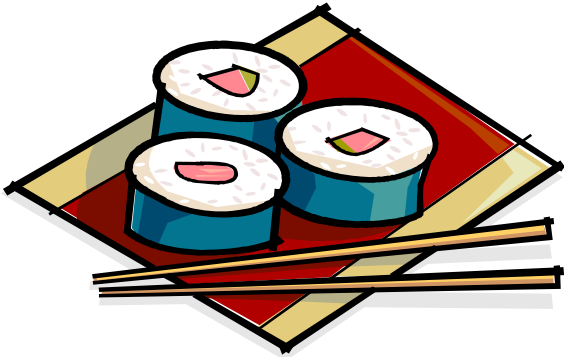
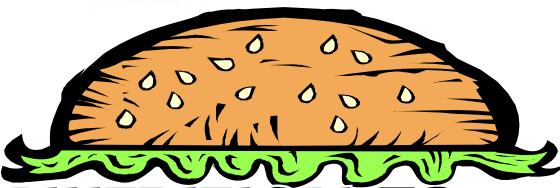


this month:
sushi



There are some foods that most kids don't like, but many adults do. Why? It's a mystery! Take sushi - if you dare. Kids will sometimes eat California rolls or other types of sushi that don't contain raw fish. But that's the thing about real sushi: it contains raw fish! That's something that takes some getting used to.

But maybe some day you'll see that in its pure form - some simple combination of raw fish, rice, and vegetable - sushi is nutritious, delicious - and even artistic!



NUTRITION TO GO

Food consumed close to bedtime is no more fattening than food eaten at any other time of day. What matters is the total amount of calories that you eat in a day. So if you eat three good-sized meals and THEN eat a big late night snack, you probably WILL get too many calories.

A TASTY MORSEL FOR PARENTS

Monday, May 16	Tuesday, May 17	Wednesday, May 18	Thursday, May 19
Breakfast Cereal Juice Milk	Breakfast Hot Pocket Juice Milk	Breakfast Blueberry Waffles Juice Milk	Breakfast Pancake Wrap Juice Milk
Lunch Pizza Spicy Chicken Sandwich BBQ Sub Teriyaki Rice Bowl	Lunch Pizza Breaded Chicken Sandwich Burgers Chicken Parmesan Sub Hot Dog	Lunch Pizza Meatloaf Sandwich Burgers Bean & Tot Wrap Breaded Chicken Sandwich	Lunch Pizza General Chicken BBQ Sub Chicken Enchiladas

Monday, May 23	Tuesday, May 24	Wednesday, May 25
Breakfast Cereal Juice Milk	Breakfast Hot Pocket Juice Milk	Breakfast Blueberry Waffles Juice Milk
Lunch Pizza Spicy Chicken Sandwich BBQ Sub Teriyaki Rice Bowl	Lunch Pizza Breaded Chicken Sandwich Burgers Chicken Parmesan Sub Hot Dog	Lunch Pizza Meatloaf Sandwich Burgers Bean & Tot Wrap Breaded Chicken Sandwich

1 AND ONLY!
Only one creature can claim to have both the longest neck AND the longest tail of any land animal - the giraffe. Its neck can grow to 7 feet long and its tail up to 8 feet long!

