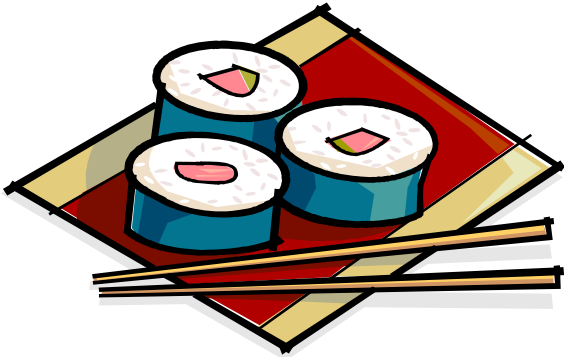
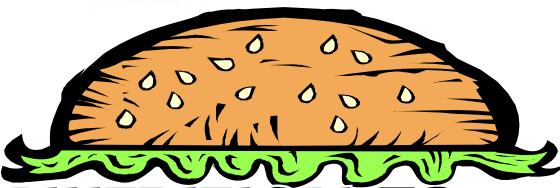


this month:
sushi



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
<p>Breakfast Graham Crackers Yogurt Juice Milk</p>	<p>Breakfast Bagel w/ Cream Cheese Juice Milk</p>	<p>Breakfast Breakfast Pizza Juice Milk</p>	<p>Breakfast Pancake on a Stick Juice Milk</p>

Monday, May 23	Tuesday, May 24	Wednesday, May 25
<p>Breakfast Cereal Cheese Stick Juice Milk</p>	<p>Breakfast Breakfast Pizza Juice Milk</p>	<p>Breakfast Chef's Choice</p>

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!

