

Nutrition Byte

Sodium Savvy

Have a taste for salt? Many of us do. Unfortunately, salt plays a key role in high blood pressure. Even kids and teens can benefit from eating less salt. There's about 2,300 milligrams of sodium in 1 teaspoon of salt. These tips can help you eat less:

Choose fresh. Fresh foods are usually lower in sodium than processed foods like frozen dinners, deli meats, canned foods, pizza and salty snacks. Eat these foods less often or opt for smaller portions.

Choose foods with less sodium. Check the Nutrition Facts label and choose foods with a lower percent (%) Daily Value (DV) for sodium on the label, especially if a family member has high blood pressure, diabetes, or kidney disease.

Cook at home with your family! Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.

Choose school meals. Schools must meet nutrition standards for meals, including limiting the amount of sodium. School Nutrition professionals use herbs and spices, other than salt, to season food.

Nutrilink: <http://dietaryguidelines.gov>

Preschool Menus for January 2022

Monday, January 3	Tuesday, January 4	Wednesday, January 5	Thursday, January 6	Friday, January 7
No school	Sweet Brd, Fruit Cup, Milk Comdog Potato Smiles Fruit Milk	Cereal, Juice, Milk Chicken Alfredo Roasted Broccoli Fruit Milk	Sweet Brd, Fruit Cup, Milk Chili W Corn Bread Muffin Deli Roasters Fruit Milk	Cereal, Juice, Milk Pizza Sticks Corn Marinara Milk
Monday, January 10	Tuesday, January 11	Wednesday, January 12	Thursday, January 13	Friday, January 14
Cereal, Juice, Milk Macho Nachos Pinto Beans Fruit Milk	Sweet Brd, Fruit Cup, Milk Asian Chicken and Rice Roasted Broccoli Fruit Milk	Cereal, Juice, Milk Spaghetti California Blend Fruit Milk	Sweet Brd, Fruit Cup, Milk Grilled Cheese Vegetable Soup Fruit Milk	Cereal, Juice, Milk Pizza Sticks Corn Marinara Milk
Monday, January 17	Tuesday, January 18	Wednesday, January 19	Thursday, January 20	Friday, January 21
No school	Sweet Brd, Fruit Cup, Milk Comdog Potato Smiles Fruit Milk	Cereal, Juice, Milk Chicken Alfredo Roasted Broccoli Fruit Milk	Sweet Brd, Fruit Cup, Milk Chili W Corn Bread Muffin Deli Roasters Fruit Milk	Cereal, Juice, Milk Pizza Sticks Corn Marinara Milk
Monday, January 24	Tuesday, January 25	Wednesday, January 26	Thursday, January 27	Friday, January 28
Cereal, Juice, Milk Macho Nachos Pinto Beans Fruit Milk	Sweet Brd, Fruit Cup, Milk Asian Chicken and Rice Roasted Broccoli Fruit Milk	Cereal, Juice, Milk Spaghetti w Bread Stick California Blend Fruit Milk	Sweet Brd, Fruit Cup, Milk Grilled Cheese Vegetable Soup Fruit Milk	Cereal, Juice, Milk Pizza Sticks Corn Marinara Milk
Monday, January 31				
Cereal, Juice, Milk Chicken Sandwich Bush's Baked Beans Fruit Milk				

[Lee County Schools Elementary Schools



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