



Program Of
MONTANA'S
BIG SKY
STATE GAMES

Presenting Sponsor



Week 4 Feb. 23-27

Did you know? Peck's Rex, the 66-million-year-old Tyrannosaurus rex fossil discovered near Fort Peck in 1997, is one of the most complete skeletons of the dinosaur ever found, with more than 80 percent of it recovered. Montana has lots to discover, encourage your family to get out and explore this great state!

Big Sky Fit Kids (2009) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Enjoy cheese for an easy, yummy snack.

Sliced cheese makes a super easy, very tasty snack. Slice up your favorite cheese – cheddar, Swiss, or Monterrey Jack – to eat with crackers or apple slices (or on a sandwich). String cheese is a high-energy, on-the-go snack. It's packed with the calcium, minerals, vitamins, and protein your body needs – and it's easy to carry in a backpack or book bag.



www.eatrightmontana.org/eatrighthealthyfamilies.htm

Prepared by Dayle Hayes, MS, RD

Brain Buster

Q: Why shouldn't you tell an egg a joke?

A: Because it might crack up!

Eggs are a wonderful way to start any day. What is your favorite way to eat eggs? Do you like hard boiled eggs, scrambled eggs with cheese, poached eggs, or maybe you like omelets with your favorite vegetables? Either way they provide lots of protein that helps the body build strong healthy muscles.

After-School Power Snack Idea:

Adult assistance needed

Bookworm Apple Bark

Cut an apple into four quarters. Spread some peanut butter onto the apples. Next, top it off with your favorite raisins or dried cranberries.

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