

December 2007
Salad & Sandwich
OF THE DAY

Monday
Chicken Sesame Salad
Ham & Cheese Sandwich

Tuesday
Ham Salad
Tuna Salad Sandwich

Wednesday
Taco Salad
Turkey & Swiss Sandwich

Thursday
Chef's Salad
Peanut Butter Sandwich
with Cheese Stick

Friday
Tuna Salad
Submarine Sandwich

Elementary Breakfast Prices:

Full Price \$1.35
Reduced Price FREE

Breakfast includes: Fruit, Vegetable or Juice, and Milk. The Breakfast Entree is printed at the bottom of the daily menu in italics.

Elementary Lunch Prices:

Full Price \$2.25
Reduced Price Grades 4-5 .40
Reduced Price Grades K-3 FREE
Milk (1%, 2%, Non-Fat) .35
Chocolate Milk (Non-Fat) .35

Lunch includes milk.

Menu subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
12/3 Chicken Nuggets Rice Pilaf, Cucumber Slices, Low-Fat Dip, Sliced Peaches & Milk <i>Pancake & Sausage on a Stick</i>	12/4 Pepperoni Pizza Green Beans, Washington Apple & Milk <i>French Toast</i>	12/5 Macho Nachos Seasoned Corn, Tossed Green Salad/Spinach, Banana & Milk <i>Power Bar</i>	12/6 Golden Corndog Baby Carrots & Celery Sticks, Low-Fat Dip, Kiwi Fruit & Milk <i>Muffin Choice</i>	12/7 NO SCHOOL FOR ELEMENTARY STUDENTS
12/10 Chicken Patty on a Hamburger Bun French Fries, Juicy Grapes & Milk <i>Pancakes</i>	12/11 Bean & Cheese Burrito Spanish Rice, Baby Carrots, Low-Fat Dip, Jell-O with Pears & Milk <i>Breakfast Sandwich</i>	12/12 Cheese Lasagne Tossed Green Salad/Spinach, French Bread, Green Beans & Milk <i>Yogurt & Waffle Graham</i>	12/13 HAPPY BIRTHDAY Uncrustable Cheese Sandwich Tomato Soup, Baby Carrots & Celery Sticks, Low-Fat Dip, Orange Slices, Birthday Cupcake & Milk <i>Cereal Choice & Toast</i>	12/14 Shrimp Poppers Cornbread & Honey, Cheese Stick, Broccoli Waldorf Salad, Washington Apple & Milk <i>Peanut Butter & Jelly Wafer Sandwich</i>
12/17 Hamburger Potato Salad, Broccoli, Low-Fat Dip, Kiwi Fruit & Milk <i>Breakfast Pizza</i>	12/18 Turkey in Gravy Mashed Potatoes, Roll, Green Beans, Apple Crisp & Milk <i>Waffle Sticks</i>	12/19 EARLY RELEASE Cheese Pizza Baby Carrots, Low-Fat Dip, Washington Apple & Milk <i>Cereal Choice & Toast</i>	12/20 NO SCHOOL WINTER BREAK	12/21 NO SCHOOL WINTER BREAK
12/24 NO SCHOOL WINTER BREAK	12/25 NO SCHOOL WINTER BREAK	12/26 NO SCHOOL WINTER BREAK	12/27 NO SCHOOL WINTER BREAK	12/28 NO SCHOOL WINTER BREAK
12/31 NO SCHOOL WINTER BREAK				

A minimum of four fruits and four vegetables will be offered every day. Half the fruits and vegetables are fresh and half are canned.

Nutrition Newsline

Fresh from Food Services — December 2007

Family meals

It may be hard to find time to eat together—but the payoff is worth it. Children tend to eat healthier food and even get better grades when they dine with their families.

Try these ideas to make family meals part of your home life.

Be flexible

Set meals around schedules. For example, eat after basketball practice or before Girl Scout meetings. Explain to your kids that it's more important to eat together than to eat at a certain time.

Welcome guests

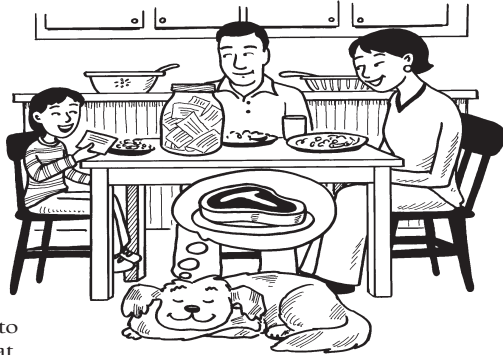
Children often don't want to stop playing to eat. Let your youngster ask a friend to stay for dinner. *Tip:* You can usually stretch your dinner by boiling more pasta, cutting chicken into strips, making a bigger salad, or taking extra meat out of the freezer.

Talk it up

Make dinner enjoyable by telling highlights of the day or discussing fun topics such as movies, sporting events, or vacation plans. *Idea:* Keep a jar of "conversation starters" on the table ("What do dogs dream about?" "If you could invite anyone in history to dinner, who would it be and why?").

Involve everyone

Let your youngster help plan menus, shop for food, and cook meals. She'll be more willing to sit pleasantly for dinner if she has had a hand in preparing it. *Note:* Remember to praise her efforts!



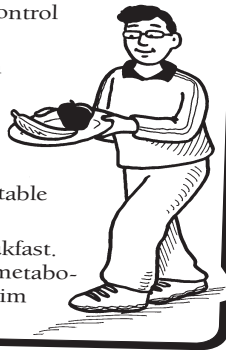
Make it special

Every now and then, do the unexpected. Eat by candlelight. Have show-and-tell night (everyone brings something to share). Celebrate a teddy bear's birthday with his "favorite food" (apples dipped in honey). If family meals are fun, your child will look forward to them. ♥

Cutting down

Has the doctor suggested that your youngster lose weight? Here are six ways to get started:

1. Switch to fat-free milk.
2. Use a plate for snacks. Eating out of a jar or bag doesn't allow your child to see portions.
3. Eat at home, where you can control the ingredients.
4. When you do go out, order an appetizer as the main course. Or order two entrees for three people to share.
5. Encourage your youngster to eat at least two servings of a vegetable or fruit at each meal.
6. Make sure he doesn't skip breakfast. Eating early will get your child's metabolism going for the day and keep him from overeating at other meals. ♥



Tacoma

Learning and Leadership
Public Schools

ELEMENTARY SCHOOL BREAKFAST TIMES

Arlington	8:30 - 9:00
Birney	8:35 - 9:00
Blix	8:30 - 8:55
Boze	8:35 - 8:50
Browns Point	8:45 - 8:55
Bryant	8:35 - 9:10
Crescent Heights	8:40 - 9:00
DeLong	8:35 - 8:50
Downing	8:35 - 8:55
Edison	8:30 - 8:50
Fawcett	8:40 - 8:55
Fern Hill	8:30 - 8:55
Franklin	8:40 - 8:58
Geiger	8:40 - 9:00
Grant	8:30 - 9:00
Jefferson	8:40 - 9:00
Larchmont	8:45 - 8:55
Lister	8:30 - 9:00
Lowell	8:30 - 9:00
Lyon	8:20 - 8:50
Manitou Park	8:30 - 9:00
Mann	8:35 - 8:55
McCarver	8:30 - 8:55
McCarver Primary	8:30 - 8:55
McKinley	8:30 - 8:55
Northeast Tacoma	8:40 - 9:00
Point Defiance	8:35 - 9:00
Reed	8:30 - 9:00
Roosevelt	8:30 - 9:00
Sheridan	8:20 - 8:55
Sherman	8:40 - 8:55
Skyline	8:30 - 8:50
Stafford	8:30 - 8:50
Stanley	8:30 - 8:45
Wainwright	8:35 - 8:55
Washington	8:40 - 8:55
Whitman	8:15 - 8:45
Whittier	8:40 - 8:55

ACTIVITY CORNER

Step by step

Raise your family's physical fitness with a daily "step challenge."

Set a goal (experts recommend 10,000 steps a day), and see who can walk the most by bedtime. Have everyone track their steps by wearing a pedometer clipped to a belt or tucked in a pocket. *Note:* You can find inexpensive ones online or at sporting goods stores.

Give your child a head start by suggesting easy ways to add extra steps, such as:

- ♣ walking to friends' houses instead of being driven (walk with your youngster, or have him walk with a friend)
- ♣ dancing to music
- ♣ getting up to change the TV channel (put away the remote!)
- ♣ taking the stairs rather than the escalator or elevator



- ♣ walking the dog (he can offer to walk a neighbor's if you don't have one)
- ♣ getting the mail
- ♣ taking out the trash
- ♣ shoveling snow ♥

IN THE KITCHEN

Sweet treats

Eating nutritiously doesn't mean an end to desserts! Try these ideas for ending a meal on a sweet note.

Fruit crush: In a blender, puree 2 cups fruit (strawberries, peaches, blackberries) with 1 tsp. lemon juice and 1 tbsp. sugar so the mixture is smooth. Freeze until hard, and then puree the mixture again until it's crushed.

Banana split: Cut a banana in half lengthwise, and top with low-fat frozen yogurt. Add blueberries, nuts, and fat-free chocolate syrup.

Chocolate dip: Melt dark chocolate in the microwave, and stir until smooth. Dip various items (graham crackers,

DID YOU KNOW?

Fruits and vegetables come in more than 350 varieties. Yet most people eat only six: apples, oranges, bananas, potatoes, tomatoes, and onions. Encourage your youngster to try new ones by bringing them home from the store. You can make it a goal to buy a new vegetable or fruit on each shopping trip.



Just for fun

Q: Why did Tommy ask for alphabet soup for lunch?

A: So he could read while he was eating!

