

- Monday**
 Chicken Sesame Salad
 Ham & Cheese Sandwich
- Tuesday**
 Ham Salad
 Tuna Salad Sandwich
- Wednesday**
 Taco Salad
 Turkey & Swiss Sandwich
- Thursday**
 Chef's Salad
 Uncrustable Peanut Butter
 Sandwich with Baked Cheetos
- Friday**
 Tuna Salad
 Submarine Sandwich

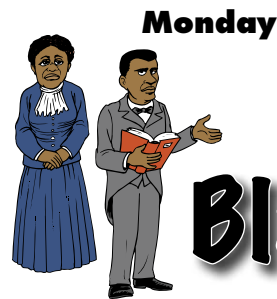
Elementary Breakfast Prices:
 Full Price \$1.35
 Reduced Price FREE

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

February is Black History Month

Wednesday



Thursday

Be My Valentine

FEBRUARY 14

Friday

2/1

Beef Teriyaki Dippers

Rice Pilaf, Seasoned Corn,
 Sliced Peaches & Milk

Pancake & Sausage on a Stick

2/4

Pepperoni Pizza

Green Beans, Washington Apple
 & Milk

Blueberry Muffin

2/5

Spaghetti & Meatsauce

Tossed Green Salad/Spinach,
 French Bread, Orange Slices & Milk

French Toast

2/6

Cheesy Nachos with Taco Meat

Broccoli, Low-Fat Dip,
 Banana & Milk

Power Bar

2/7

Shrimp Poppers

Cornbread & Honey, Cheese Stick,
 Broccoli Waldorf Salad,
 Washington Apple & Milk

Breakfast Pizza

2/8

Hamburger

Potato Salad, Baby Carrots,
 Low-Fat Dip, Kiwi Fruit & Milk

*Peanut Butter & Jelly
 Wafer Sandwich*

2/11

Chicken Nuggets

Rice Pilaf, Seasoned Corn,
 Sliced Peaches & Milk

Yogurt and Waffle Graham

2/12

Turkey in Gravy

Mashed Potatoes, Roll, Green Beans,
 Cauliflower, Low-Fat Dip & Milk

Breakfast Sticks

2/13

Soft Taco

Spanish Rice, Baby Carrots,
 Low-Fat Dip, Washington Apple & Milk

Muffin Choice



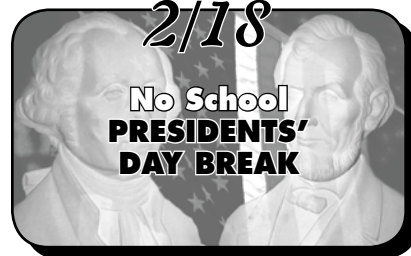
**No School
 STAFF LID DAY**

2/15

**No School
 PRESIDENTS'
 DAY BREAK**

2/18

**No School
 PRESIDENTS'
 DAY BREAK**



2/19

Golden Corndog

Baby Carrots, Low-Fat Dip,
 Juicy Grapes & Milk

Pancake & Sausage on a Stick

2/20

Cheesy Nachos with Taco Meat

Refried Beans, Seasoned Corn & Milk

Waffle Sticks

2/21

**HAPPY BIRTHDAY
 Chicken Patty on
 a Hamburger Bun**

Cheesy Mashed Potatoes, Baby Carrots, Low-Fat Dip,
 Tossed Green Salad/Spinach, Birthday Cupcake & Milk

Cereal Choice and Toast

2/22

Beef Teriyaki Dippers

Steamed Rice, Tossed Green
 Salad/Spinach, Orange Slices,
 Dixie Cup and Milk

Cheese Omelet

2/25

Cheeseburger

Potato Salad, Sliced Cucumbers,
 Low-Fat Dip, Mixed Fruit & Milk

French Toast

2/26

Hot Diggity Dog

French Fries, Baked Beans & Milk

Breakfast Pizza

2/27

Bean & Cheese Burrito

Seasoned Corn, Apple Crisp & Milk

Pancakes

2/28

Cheese Lasagna

Tossed Green/Spinach Salad,
 French Bread, Green Beans & Milk

Breakfast Sticks

2/29

Cheese Pizza

Seasoned Corn, Cucumber Slices,
 Low-Fat Dip & Milk

Cinnamon Tastries

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 — February 2008

Crazy about calcium

Does your youngster get enough calcium each day? As children get older, they need more of this important mineral. Spell good health for your child with this guide:

Children need lots of calcium to build strong bones. From ages 4 to 8, they should have 800 mg of calcium a day; youngsters ages 9–18 need 1,300 mg daily.

At school, make sure your youngster drinks milk with breakfast and lunch. Encourage him to choose fat-free milk—he can even make it chocolate or strawberry. No matter what type of milk your child drinks, one serving delivers 300 mg of calcium.

Look for foods with added calcium. Your grocery store probably carries calcium-fortified orange juice, cereals, breads, English muffins, and instant oatmeal.

Check nutrition labels on food packages to find items that are high in calcium. Look for 20% or more DV (daily value) of calcium.

If your child is allergic to regular milk or is lactose-intolerant, you have other choices. Lactose-free milk and calcium-enriched soy milk and rice milk are excellent sources of calcium, too.



Understand which foods besides milk are rich in calcium: cheese, yogurt, broccoli, spinach, kale, collard greens, white beans, baked beans, pinto beans, sweet potatoes, oranges, papaya, salmon, almonds, and tofu.

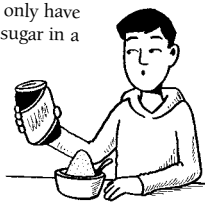
Most children's vitamins don't have all the calcium that kids need. Talk to your pediatrician about ways to boost the amount of calcium in your youngster's diet and adding supplements if necessary. ●

Watch the sugar

Getting your child to cut down on sugar can be hard. Try showing him just what he's eating or drinking.

For example, ask him to measure out 11 teaspoons of sugar into a bowl—the amount in one can of many kinds of soda. Then, tell him that he should only have 12 teaspoons of added sugar in a whole day!

Explain that fruit and dairy products, such as plain milk, have natural sugar, while candy, soda, cakes, pies, and snack foods have added sugar. Steer away from foods with sugar or other sweeteners (corn syrup, dextrose, fructose) at the top of the ingredient list. ●



Tacoma Public Schools

Learning and Leadership

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

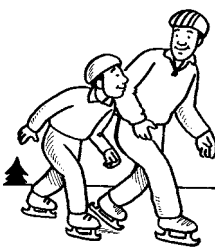
ACTIVITY CORNER

Be active together

Jimmy skates with his dad on weekends. Lauren goes swimming with her mom on Tuesday afternoons. And Samantha takes a mom-and-me aerobics class twice a week.

What do these parents and children all have in common? They're fitness

partners! Get your child to be more active by setting aside some together time devoted to physical activity.



Start by coming up with

something you both like. You can each make a list of favorite activities and compare them to find one in common. Then, consult your calendar to pick a good time.

Spending part of your busy week exercising together will show your child how important fitness is to you. ●

IN THE KITCHEN

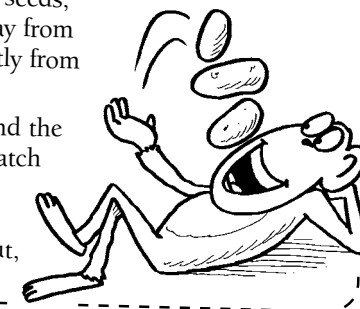
Tropical fruits

Dreaming of summer fruits? Tropical fruits are available in many grocery stores all year long. Here are easy ways to prepare three kid-pleasers.

■ **Kiwi.** Slice in half horizontally, and eat with a spoon. *Note:* Some people like to bite into kiwis whole—brown fuzz and all!

■ **Papaya.** Cut in half lengthwise. Scoop out the seeds, and slice the halves into spears. Pare the fruit away from the peel and cut into bite-size pieces, or eat directly from the peel.

■ **Mango.** Cut down both sides lengthwise around the pit, and separate. Then, cut each half in a cross-hatch pattern (four slices across, four slices down)—being careful not to cut through the mango skin. Hold each end of the mango half, turn it inside out, and cut or bite the cubes off. ●



Tacoma School District complies with all federal and state laws and regulations and does not discriminate on the basis of race, religion, color, national origin or ancestry, sex, gender identity, sexual orientation, age, marital or veteran status or disability. This applies to all educational programs and extra-curricular activities. Inquiries regarding the application of the above should be directed to the deputy superintendent, telephone 253.571.1011. Inquiries regarding the application of Section 504 of the Rehabilitation Act (concerning students with disabilities who are not eligible for special education) should be directed to the coordinator of guidance and counseling, telephone 253.571.1182. Inquiries regarding accommodations for disabled employees, the public and accessibility of facilities and programs should be directed to the disability accommodation officer, telephone 253.571.1021. These individuals may be contacted by mail at P.O. Box 1357, Tacoma, WA 98401-1357.

HELP WANTED

Tacoma Public Schools is currently looking to hire good employee's for the following positions: Para-Educators, Substitute Para-Educators, Substitute Teachers, Substitute Custodians, Substitute Bus Drivers, Substitute Food Service Workers and Substitute Campus Security.

Apply online at www.tacomaschools.org. If you have questions or need assistance, please call 253.571.1483. For the Food Services Office, please call 253.571.3374.