

January 2008
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
 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 | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| HAPPY NEW YEAR | 1/1 NO SCHOOL WINTER BREAK | 1/2 NO SCHOOL WINTER BREAK | 1/3 Bean & Cheese Burrito Green Beans, Pineapple Tidbits & Milk <i>Cereal Choice & Waffle Graham</i> | 1/4 Chicken Nuggets Rice Pilaf, Seasoned Corn, Sliced Peaches & Milk <i>Pancake & Sausage on a Stick</i> |
| 1/7 Pepperoni Pizza Green Beans, Washington Apple & Milk <i>Blueberry Muffin</i> | 1/8 Spaghetti & Meatsauce Tossed Green Salad/Spinach, French Bread, Orange Slices & Milk <i>French Toast</i> | 1/9 Cheesy Nachos with Taco Meat Broccoli, Low-Fat Dip, Banana & Milk <i>Power Bar</i> | 1/10 Shrimp Poppers Cornbread & Honey, Cheese Stick, Broccoli Waldorf Salad, Washington Apple & Milk <i>Breakfast Pizza</i> | 1/11 Hamburger Potato Salad, Baby Carrots, Low Fat Dip, Kiwi Fruit & Milk <i>Peanut Butter & Jelly Wafer Sandwich</i> |
| 1/14 Chicken Nuggets Rice Pilaf, Seasoned Corn, Sliced Peaches & Milk <i>Yogurt & Waffle Graham</i> | 1/15 Turkey in Gravy Mashed Potatoes, Roll, Green Beans, Cauliflower, Low-Fat Dip & Milk <i>Breakfast Sticks</i> | 1/16 Soft Taco Spanish Rice, Baby Carrots, Low-Fat Dip, Washington Apple & Milk <i>Muffin Choice</i> | 1/17 Cheese Pizza Seasoned Corn, Cucumber Slices, Low-Fat Dip & Milk <i>Cinnamon Tastries</i> | 1/18 Uncrustable Cheese Sandwich Broccoli Waldorf Salad, Apple Crisp & Milk <i>Breakfast Sandwich</i> |
| 1/21 NO SCHOOL DR. MARTIN LUTHER KING, JR. DAY | 1/22 Golden Corndog Baby Carrots, Low-Fat Dip, Juicy Grapes & Milk <i>Pancake & Sausage on a Stick</i> | 1/23 Cheesy Nachos with Taco Meat Refried Beans, Seasoned Corn & Milk <i>Waffle Sticks</i> | 1/24 HAPPY BIRTHDAY Chicken Patty & Gravy Mashed Potatoes, Roll, Green Beans, Tossed Green Salad/Spinach, Birthday Cupcake & Milk <i>Cereal Choice & Toast</i> | 1/25 Sloppy Joe on a Hamburger Bun Tossed Green Salad/Spinach, Orange Slices, Dixie Cup & Milk <i>Cheese Omelet</i> |
| 1/28 Cheeseburger Potato Salad, Sliced Cucumbers, Low-Fat Dip, Mixed Fruit & Milk <i>French Toast</i> | 1/29 Cheese Lasagna Tossed Green Salad/Spinach, French Bread, Green Beans & Milk <i>Breakfast Sticks</i> | 1/30 NO SCHOOL Middle & High Schools Bean & Cheese Burrito Seasoned Corn, Apple Crisp & Milk <i>Pancakes</i> | 1/31 Hot Diggity Dog French Fries, Baked Beans & Milk <i>Breakfast Pizza</i> | January is School Board Recognition Month |

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 — January 2008

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

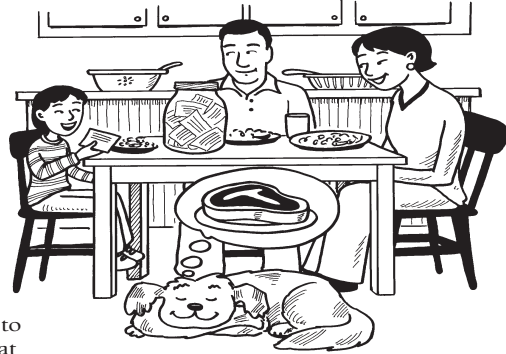
Children often don't want to stop playing to eat. Let your youngster ask a friend to stay for dinner. *Tip:* You can usually stretch your dinner by boiling more pasta, cutting chicken into strips, making a bigger salad, or taking extra meat out of the freezer.

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!



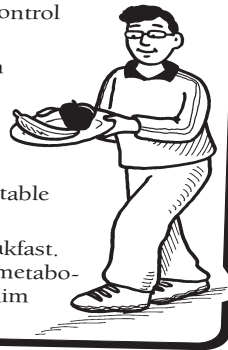
Make it special

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 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.

Tacoma

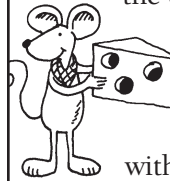
Learning and Leadership
Public Schools

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 |

DID YOU KNOW?

Fewer than 1 in 10 girls and 1 in 3 boys get the calcium they need. Boost your youngster's amount by serving snacks from the dairy group. Try pudding cups, grilled cheese (use cooking spray instead of butter in the pan), or hot chocolate made with fat-free milk.



Spring sports

Get a head start on spring by signing your youngster up for sports and activities now. Check registration dates for T-ball, softball, soccer, roller hockey, and lacrosse leagues. You might also look into tennis classes, running clubs, or cheerleading programs. *Tip:* Getting a friend to join will probably increase your child's interest.

IN THE KITCHEN

Pasta bowls

Kids love pasta! Cook up a pot of your youngster's favorite, and top with these ingredients to make a meal in a bowl. Each one will give your child a healthy dose of fiber and protein.

Buffalo Chicken: Shredded lettuce and carrots, cooked chicken strips, low-fat buffalo sauce, and fat-free ranch dressing.

Huevos Rancheros: Diced tomatoes and green bell peppers, cooked scrambled eggs, shredded low-fat Monterey Jack cheese, fat-free sour cream, and salsa.



Cheeseburger: Sautéed mushrooms and onions, cooked lean ground beef, and shredded low-fat cheddar cheese, drizzled with ketchup.

Thai: Snow peas, sliced scallions, chopped red bell peppers, cooked pork or beef chunks, peanut sauce, and unsalted peanuts.

Greek: Shredded lettuce, fresh spinach leaves, pitted black olives, chopped tomatoes and cucumbers, cooked shrimp, crumbled feta cheese, and a sauce of 1 tsp. vinegar and 1 tsp. olive oil. ●



out. Lay them on the floor, and play follow the leader—walking, hopping, skipping, or jumping from footprint to footprint. ●

ACTIVITY CORNER

Family games

Games are more fun when you play together. Try these ideas to keep the whole family active.

Juggling contest. While standing, try juggling two balls and then three. Who can keep the balls in the air the longest? *Idea:* Look online or in the library for tips on how to juggle.

Broom hockey. In the basement or garage, set up goals using cones, buckets, or trash cans. Choose teams, and try to score goals using a soft ball and brooms.

Follow the footprints. Trace each person's foot on several pieces of cardboard or poster board and cut them

