

*June 2009*  
**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**  
 Chicken Caesar Salad  
 Submarine Sandwich

**Elementary Breakfast Prices:**

Full Price \$1.50  
 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 \$2.50  
 Reduced Price Grades 4-5 .40  
 Reduced Price Grades K-3 FREE  
 Milk (1%, 2%, Non-Fat) .50  
 Chocolate Milk (Non-Fat) .50

*Lunch includes milk.*

**Menu subject to change.**



**Have a safe and nutritious summer!**

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

**Monday**

**6/1**

**Hot Diggity Dog**

Baked Beans, Potato Salad,  
 Sliced Peaches & Milk

*Breakfast Pizza*

**Tuesday**

**6/2**

**Macaroni & Cheese**

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

*Yogurt & Vanilla Clodhoppers*

**Wednesday**

**6/3**

**Fernando's Bean & Cheese Burrito**

Seasoned Corn,  
 Washington Apple & Milk  
*Peanut Butter & Jelly  
 Wafer Sandwich*

**Thursday**

**6/4**

**Cheese Lasagna**

Green Beans, French Bread,  
 Mixed Fruit & Milk

*French Toast*

**Friday**

**6/5**

**"Pizza Fridays"**

Cheese Pizza, Very Vegetable Salad,  
 Pears & Milk

*Cereal Choice & Waffle Grabam*

**6/8**

**Chicken Patty on a Whole Wheat Bun**

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

*Breakfast Pizza*

**6/9**

**Spaghetti & Meatsauce**

French Bread, Green Beans,  
 Mixed Fruit & Milk

*Pancake & Sausage on a Stick*

**6/10**

**Cheesy Nachos with Taco Meat**

Refried Beans, Seasoned Corn,  
 Washington Apple & Milk

*Zac O Mega Bar*

**6/11**

**BIRTHDAY Turkey in Gravy**

Mashed Potatoes, Sweet Potatoes,  
 Roll, Green Beans, Pears,  
 Birthday Treat & Milk

*Pancakes*

**6/12**

**"Pizza Fridays"**

Pepperoni Pizza, Tossed Green/  
 Spinach Salad, Sliced Peaches & Milk

*Snack'n Waffle*

**6/15**

**Hamburger on a Whole Wheat Bun**

French Fries, Melon Slice & Milk

*Breakfast Burrito*

**6/16**

**LAST DAY OF SCHOOL FOR HEAD START  
 Crispy Chicken Nuggets**

Dipping Sauce, Rice Pilaf,  
 Green Beans, Sliced Peaches & Milk

*Hot Pizza Pocket*

**6/17**

**Fernando's Bean & Cheese Burrito**

Seasoned Corn,  
 Washington Apple & Milk

*French Toast*

**6/18**

**LAST DAY OF SCHOOL Golden Corndog**

Vegetable Choice, Low-Fat Dip,  
 Fruit Choice & Milk  
*Peanut Butter & Jelly  
 Wafer Sandwich*

**JUNE 18 IS THE LAST DAY OF SCHOOL**

**High School early dismissal at 10:50 a.m.**

**Middle School early dismissal at 11:30 a.m.**

**Elementary School early dismissal at 12:15 p.m.**

# Nutrition Newsline

## Fresh from Food Services — June 2009

### A good start

Did you know that breakfast is the most important meal of your child's day? It provides the nutrients and energy he needs to concentrate in school. Research even shows that kids who eat breakfast get better grades, pay more attention in class, and behave better. Help your youngster begin his day on the right foot.

#### Make time

Set the alarm to allow 10–15 unhurried minutes for breakfast. Suggest several healthy breakfast items, and let your child choose. *Tip:* Have him eat breakfast at school, where he's sure to have healthy choices and time to eat with his friends.

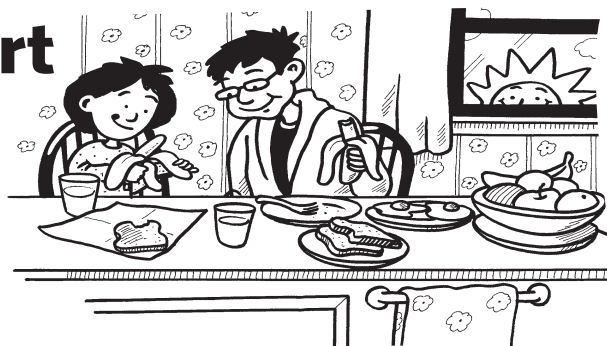
#### Make it healthy

Give your child a mix of protein (such as milk, eggs, cheese, or meat) and carbohydrates (whole-grain cereal, fruit, or whole-wheat bread). The carbohydrates boost energy and help your child jump-start his day, while the protein keeps his body going strong until lunchtime.

#### Make it kid-friendly

These quick breakfasts are sure to bring an early-morning smile to your youngster's face:

● **Egg in a Basket:** Cover a frying pan with no-fat cooking spray. Tear a hole out of a slice of whole-wheat bread, put the slice in the pan, and



crack an egg into the hole. Cook two minutes, flip, and cook until the egg is set and lightly browned.

● **Waffle Wonder:** Toast a whole-grain frozen waffle. Put sliced strawberries around the edge and fill with a handful of blueberries. Serve with a side of low-fat flavored cottage cheese or yogurt. ●

### Mealtime magic

Do your kids rush through dinner and bolt from the table? Try these ideas to build quality family time into your dinner hour.

● **Keep the conversation light.** Focus on the events of the day or fun weekend plans ahead. Of course, praising your children for a job well done at school or home is always welcome!

● **Take turns.** Ask each person to tell one interesting thing he or she learned during the day. That includes you, too. You might mention something you read in the newspaper or learned about at work.

● **Play a game.** Try the "name game." Start with the name of someone famous (George Washington). Go around the table, taking turns calling out another well-known person or character with the same first or last name (Curious George, George Washington Carver). ●



# Tacoma

Learning and Leadership  
Public Schools

### ELEMENTARY SCHOOL BREAKFAST TIMES

Arlington	8:40 - 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 - 8:50
Edison	8:30 - 8:50
Fawcett	8:40 - 8:55
Fern Hill	8:30 - 8:55
Franklin	8:40 - 8:58
Geiger	8:35 - 8:55
Grant	8:30 - 9:00
Jefferson	8:40 - 9:00
Larchmont	8:45 - 9:00
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 - 9:00
Northeast Tacoma	8:40 - 8:55
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	8:30 - 8:55
Whittier	8:40 - 8:55

### It all adds up

Exercise doesn't have to be done all at once. Encourage your youngster to be active throughout the day—small amounts of time will add up! In general, school-age children should get at least an hour of physical activity each day. Here are some ways to put more exercise into your child's routine:

● Have her invite friends over for a backyard game of tag or capture the flag.



● Suggest that she jump rope for 10 minutes.

● Put on some music, and dance to it.

● Bike together to the library or a friend's house. *Note:* For safety, use sidewalks and wear helmets.

● When you do errands, park far from the store to encourage more walking time.

● Take the steps rather than the elevator when you're shopping or at the dentist.

*Remember:* Regular exercise will not only make your child healthier—it will help her sleep better at night and be in better shape to learn and play all day. ●

### ACTIVITY CORNER

#### A walk a day

A daily family walk is a great way to get your child—and you—moving. Some families take a walk after dinner. Others plan a morning walk on the weekends. For parents who are home after school, that's often a great time to walk.

Figure out the best time for your family's schedule, and use the time to walk and talk—you'll be helping everyone get healthier, and you'll be spending special time together. Make the walk more fun by mixing it up: walk one block and skip for the next, or alternate walking fast and slow.



You can even sneak in some learning time on your walk. For example, have your child count how many trees you pass or read the signs along the way. ●

### IN THE KITCHEN

#### Smoothie time

Here's a surefire way to get kids excited about eating healthfully. Toss fruit, a few ice cubes, yogurt, and juice into a blender, and mix until thick. With your supervision, your youngsters can even make smoothies themselves! Try these combinations.

● **Red & White**—4 strawberries, 1 banana, 1 container low-fat vanilla yogurt, 1 cup orange juice

● **Cool Blue**—1½ cups fresh or frozen blueberries, 1 container low-fat blueberry yogurt, 1 cup 100% grape juice

● **Just Peachy**—1 cut-up peach or 1 cup frozen peaches, 1 container low-fat peach yogurt, ¾ cup orange juice

*Tip:* Add a teaspoon of wheat bran (available at your grocery or health food store) to put fiber into your youngsters' treats. ●



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, D.C. 20250-9410; or call 202.720.5964 (voice and TDD). USDA is an equal opportunity provider and employer.