

June 2010

**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

Monday

5/31

**No School
 MEMORIAL DAY
 BREAK**

Tuesday

6/1

Crispy Chicken Nuggets
 With Dipping Sauce, Rice Pilaf,
 Cucumber Slices, Low-Fat Dip,
 Sliced Peaches & Milk

Cereal Choice & Waffle Graham

Wednesday

6/2

Soft Taco
 Refried Beans, Seasoned Corn,
 Melon Slice & Milk

Hot Pizza Pocket

Thursday

6/3

Beefy Gravy
 Mashed Potatoes, Roll, Green Beans,
 Applesauce & Milk

Waffle Sticks

Friday

6/4

"Pizza Fridays"
 Pepperoni Pizza, Tossed Green/
 Spinach Salad, Fresh Fruit & Milk

Breakfast Sandwich

6/7

**Hamburger on a
 Whole Wheat Bun**
 French Fries, Watermelon
 Slice & Milk

Breakfast Burrito

6/8

Teriyaki Chicken
 Steamed Rice, Broccoli, Low-Fat Dip,
 Orange Smiles & Milk

Breakfast Pizza

6/9

**Fernando's Bean &
 Cheese Burrito**
 Baby Carrots, Low-Fat Dip,
 Washington Apple & Milk

French Toast

6/10

**HAPPY BIRTHDAY
 Chicken Patty on a
 Whole Wheat Bun**
 Cheesy Mashed Potatoes, Green Beans,
 Sliced Pears, Dixie Cup & Milk
Muffin Choice & Egg Patty

6/11

"Pizza Fridays"
 Cheese Pizza, Very Vegetable Salad,
 Fresh Fruit & Milk

Cereal Choice & Toast

6/14

Crispy Chicken Nuggets
 With Dipping Sauce, Rice Pilaf,
 Celery Sticks, Low-Fat Dip,
 Sliced Peaches & Milk

Waffle Sticks

6/15

**LAST DAY OF SCHOOL
 Golden Corndog**
 Vegetable, Fruit Choice & Milk

Cereal Choice & Waffle Graham

JUNE 15 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.

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.

Nutrition Newsline

Fresh from Food Services — June 2010

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.

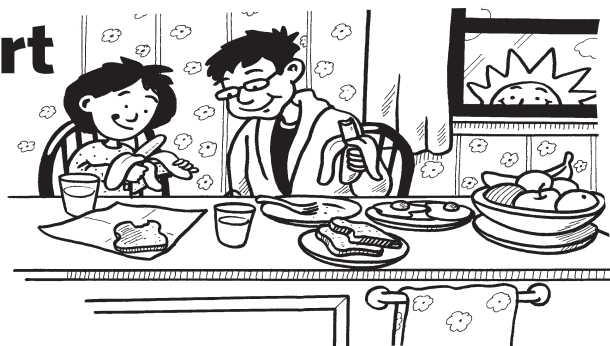
Make it healthy

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	7:45 - 9:10
Crescent Heights	8:40 - 9:00
DeLong	8:35 - 8:50
Downing	8:35 - 8:50
Edison	8:30 - 8:50
Fawcett	8:35 - 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	8:15 - 8:55
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	8:30 - 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. ●



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