


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
WASL Make-Up Testing Grades 3-8 April 28-May 2	Celebrate Teacher Appreciation Week May 5-9 		5/1 Hot Diggity Dog Broccoli, Low-Fat Dip, Washington Apple & Milk <i>Cereal Choice & Toast</i>	5/2 "Pizza Fridays" Pepperoni Pizza, Tossed Green Salad/Spinach, Fresh Fruit & Milk <i>Breakfast Sandwich</i>
5/5 Crispy Chicken Nuggets with Dipping Sauce Rice Pilaf, Seasoned Corn, Sliced Peaches & Milk <i>Yogurt & Waffle Grabam</i>	5/6 Hamburger on a Whole Wheat Hamburger Bun French Fries, Kiwi Fruit & Milk <i>Breakfast Sticks</i>	5/7 Soft Taco Broccoli, Low-Fat Dip, Jell-O with Pears & Milk <i>Muffin Choice</i>	5/8 Turkey in Gravy Mashed Potatoes, Roll, Green Beans, Cauliflower, Low-Fat Dip & Milk <i>Pancakes</i>	5/9 "Pizza Fridays" Cheese Pizza, Very Vegetable Salad, Fresh Fruit & Milk <i>Cereal Choice & Waffle Grabam</i>
5/12 Shrimp Poppers Cornbread & Honey, Cheese Stick, Broccoli Waldorf Salad, Washington Apple & Milk <i>Breakfast Pizza</i>	5/13 Spaghetti & Meatsauce Tossed Green Salad/Spinach, French Bread, Orange Slices & Milk <i>French Toast</i>	5/14 Cheesy Nachos with Taco Meat Broccoli, Low-Fat Dip, Banana & Milk <i>Power Bar</i>	5/15 Golden Corndog Baby Carrots, Low-Fat Dip, Washington Apple & Milk <i>Cereal Choice & Toast</i>	5/16 "Pizza Fridays" Pepperoni Pizza, Tossed Green Salad/Spinach, Fresh Fruit & Milk <i>Cheese Omelet</i>
5/19 Chicken Patty on a Whole Wheat Bun Cheesy Mashed Potatoes, Baby Carrots, Low-Fat Dip, Tossed Green Salad/Spinach & Milk <i>Cereal Choice & Toast</i>	5/20 Macaroni & Cheese Broccoli, Low-Fat Dip, Washington Apple & Milk <i>Peanut Butter & Jelly Wafer Sandwich</i>	5/21 Bean & Cheese Burrito Seasoned Corn, Apple Crisp & Milk <i>Waffle Sticks</i>	5/22 BIRTHDAY Uncrustable Cheese Sandwich Tomato Soup, Baby Carrots, Low-Fat Dip, Birthday Treat & Milk <i>Hot Pizza Pocket</i>	5/23 No School MEMORIAL DAY
5/26 No School MEMORIAL DAY	5/27 Crispy Chicken Nuggets with Dipping Sauce Rice Pilaf, Seasoned Corn, Sliced Peaches & Milk <i>Yogurt & Waffle Grabam</i>	5/28 Cheesy Nachos with Taco Meat Refried Beans, Seasoned Corn & Milk <i>Pancakes</i>	5/29 Turkey & Bow Tie Pasta Broccoli, Low-Fat Dip, Orange Slices & Milk <i>Breakfast Pizza</i>	5/30 "Pizza Fridays" Cheese Pizza, Very Vegetable Salad, Fresh Fruit & Milk <i>Cereal Choice & Waffle Grabam</i>

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 — May 2008

Good-for-you foods

You want your child to eat the best foods. But how do you know which ones they are?

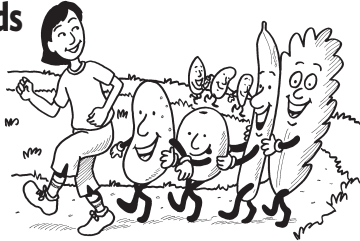
One way is to choose foods that are "nutrient rich"—meaning that, ounce for ounce, they have the most vitamins and minerals and the fewest calories. Here are a few to put on your shopping list.

Beans. Red kidney beans are high in fiber, and white beans (cannellini) are a great source of magnesium. Mix both types, along with navy, pinto, and garbanzo beans, and toss with low-fat French dressing for a Five-Bean Salad. *Note:* Drain canned beans first.

watercress provide calcium, vitamin C, and magnesium. For a simple side dish, microwave broccoli until tender, and then puree it in a food processor (or mash with a fork) with a little fat-free milk. ●

Nuts. Almonds, hazelnuts, pine nuts, walnuts, and cashews will add calcium, vitamin E, and iron to your youngster's diet. A handful—about 25 nuts—makes a perfect daily snack.

Vegetables. Broccoli and dark, leafy greens like kale, spinach, and



ACTIVITY CORNER Create menus

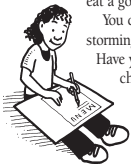
What's for dinner tonight?

If you hear that question every day, try getting your youngster involved in the planning. She'll learn about healthy food, appreciate what goes into putting dinner on the table, and be more apt to eat a good meal.

You can start by brainstorming favorite foods.

Have your child record the choices on a piece of paper. Talk about what makes a nutritious meal (lean meat, chicken, fish; vegetables and fruits; whole grains like brown rice, multi-grain pasta, or whole-wheat rolls; fat-free milk or water).

Once you have a list of foods, you and your youngster can make up next week's menu. Let her write it on a poster board, decorate it with markers or stickers, and hang the menu in the kitchen. Now, no one will have to ask what's for dinner tonight! ●



IN THE KITCHEN

On the grill

Fire up the barbecue for these kid-friendly dishes.

Shrimp kebabs. Marinate peeled, uncooked shrimp for 10–15 minutes in a mixture of lime juice, crushed garlic cloves, olive oil, and ground pepper. Thread the shrimp on skewers. Grill 2 minutes on each side until just cooked through.

Grilled veggies. Grill vegetables such as cauliflower pieces, halved red potatoes, and zucchini strips until tender. (Place on foil or in a grill basket to keep them from falling through the grill.) Serve with grated asiago or parmesan cheese and fat-free vinaigrette.

Banana melts. Peel back a strip of banana peel, and cut out a slit of the fruit. Stuff the opening with chocolate chips, marshmallows, granola, or trail mix. Replace the peel, and wrap in foil. Grill the banana for 7–9 minutes, and eat it with a spoon. ●



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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

Picnic and play

Picnic season is here! Enjoy family time with these fun ideas for summer eating and outdoor play.

Have a ball

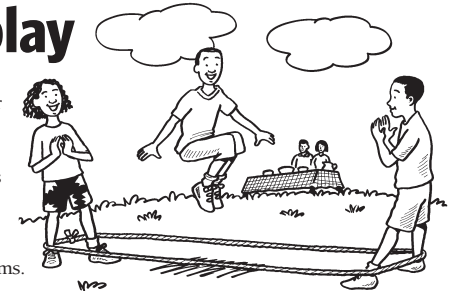
The food: Pack round foods, such as mozzarella balls and cherry tomatoes. Make a fruit salad of blueberries and melon balls, or take whole peaches, nectarines, and plums.

The games: Play badminton, croquet, or softball. Or try soccer tag: While each person dribbles his own soccer ball, the person who is "It" has to tag the others out—with his hands—while still controlling the ball with his feet.

Jump for it

The food: Celebrate the Beijing Summer Olympics with a Chinese chicken salad. Combine cooked chicken chunks with shredded lettuce, steamed asparagus pieces, and crunchy noodles. For the dressing, mix olive oil, apple cider vinegar, and low-sodium soy sauce.

The games: Play Chinese jump rope. Two people stretch an elastic rope (or rubber



bands looped together) around their ankles and call moves to a third person: "in" (jump inside the rope), "out" (jump out), "side-by-side" (one foot in, one foot out).

Get wet

The food: Enjoy a water-themed picnic by a pond. Serve "tuna canoes" (celery stalks filled with tuna salad), "seashells" (pasta shells with mixed vegetables and fat-free Italian dressing), and baked fish-shaped crackers.

The games: Run relay races with wet sponges. Have a hula hoop water balloon toss: One person holds a hula hoop at his side, and the others try to throw a water balloon through the hoop. ●

Safe outdoors

The long days of summer are perfect for outdoor exercise. Keep your children safe with these tips:

- Be sure they wear helmets for biking, and wrist guards, knee pads, and helmets when in-line skating, riding scooters, or skateboarding.

- Watch your youngsters closely when they're in the pool. Swim only where there's a lifeguard on duty.



- Prevent sunburn by applying sunscreen, even on cloudy days, and having children wear hats.

- On playgrounds, keep youngsters in your sight. Encourage safe play (sitting when going down sliding boards, getting off a seesaw carefully).

- Have them wear sneakers or other closed shoes so they don't trip. Also, avoid necklaces, hoop earrings, or drawstrings on hoods that can get caught on toys or equipment. ●