

**September 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 \$1.50  
 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.**

Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5
<b>NO SCHOOL LABOR DAY</b>	<b>NO SCHOOL FOR STUDENTS</b>	<b>FIRST DAY OF SCHOOL</b> Crispy Chicken Nuggets with Dipping Sauce Rice Pilaf, Seasoned Corn, Sliced Peaches & Milk <i>Pancake &amp; Sausage on a Stick</i>	<b>Hamburger on a Whole Wheat Hamburger Bun</b> French Fries, Kiwi Fruit & Milk <i>Breakfast Sticks</i>	<b>"Pizza Fridays"</b> Pepperoni Pizza, Tossed Green Salad/ Spinach, Fresh Fruit & Milk <i>Breakfast Sandwich</i>
<b>9/8</b> <b>Hot Diggity Dog</b> Broccoli. Low-Fat Dip, Washington Apple & Milk <i>Cereal Choice &amp; Toast</i>	<b>9/9</b> <b>Cheese Omelet</b> Snack n' Waffle, Celery, Low-Fat Dip, Melon Slice & Milk <i>Breakfast Pizza</i>	<b>9/10</b> <b>Cheesy Nachos with Taco Meat</b> Broccoli. Low-Fat Dip, Banana & Milk <i>Zac O Mega Bar</i>	<b>9/11</b> <b>Turkey In Gravy</b> Mashed Potatoes, Roll, Green Beans, Cauliflower, Low-Fat Dip & Milk <i>Pancakes</i>	<b>9/12</b> <b>"Pizza Fridays"</b> Cheese Pizza, Very Vegetable Salad, Fresh Fruit & Milk <i>Cereal Choice &amp; Waffle Graham</i>
<b>9/15</b> <b>HEAD START BEGINS</b> Crispy Chicken Nuggets with Dipping Sauce Rice Pilaf, Seasoned Corn, Sliced Peaches & Milk Yogurt & Waffle Graham	<b>9/16</b> <b>HEAD START BEGINS</b> Golden Corndog Baby Carrots, Low-Fat Dip, Juicy Grapes & Milk <i>Cereal Choice &amp; Toast</i>	<b>9/17</b> <b>Bean &amp; Cheese Burrito</b> Seasoned Corn, Apple Crisp & Milk <i>Waffle Sticks</i>	<b>9/18</b> <b>Macaroni &amp; Cheese</b> Broccoli, Low-Fat Dip, Washington Apple & Milk <i>Peanut Butter &amp; Jelly Wafer Sandwich</i>	<b>9/19</b> <b>"Pizza Fridays"</b> Pepperoni Pizza, Tossed Green/ Spinach Salad, Fresh Fruit & Milk <i>Cheese Omelet</i>
<b>9/22</b> <b>Cheeseburger</b> Potato Salad, Broccoli, Low-Fat Dip, Kiwi Fruit & Milk <i>Breakfast Pizza</i>	<b>9/23</b> <b>Chicken Patty on a Whole Wheat Bun</b> Cheesy Mashed Potatoes, Baby Carrots, Low-Fat Dip, Tossed Green Salad/Spinach & Milk <i>Cereal Choice &amp; Toast</i>	<b>9/24</b> <b>Cheesy Nachos with Taco Meat</b> Refried Beans, Seasoned Corn & Milk <i>Pancakes</i>	<b>9/25</b> <b>BIRTHDAY</b> Spaghetti & Meatsauce French Bread, Tossed Green Salad/ Spinach, Mixed Fruit, Birthday Treat & Milk <i>French Toast</i>	<b>9/26</b> <b>"Pizza Fridays"</b> Cheese Pizza, Very Vegetable Salad, Fresh Fruit & Milk <i>Cereal Choice &amp; Waffle Graham</i>
<b>9/29</b> <b>Uncrustable Cheese Sandwich</b> Tomato Soup, Baby Carrots, Low-Fat Dip & Milk <i>Hot Pizza Pocket</i>	<b>9/30</b> <b>Teriyaki Dippers</b> Steamed Rice, Broccoli, Low-Fat Dip, Sliced Peaches & Milk <i>Whole Grain Cheese Toast</i>	 <p><b>Eating healthy food grows healthy kids!</b></p>		

**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 — September 2008

## Healthy habits

Going to bed on time. Getting up for school. Doing homework and studying. Yes, a new school year means new routines!

Start this one off right by getting your child used to healthy eating and regular exercise, too. Here are several places to start.

### Eat breakfast

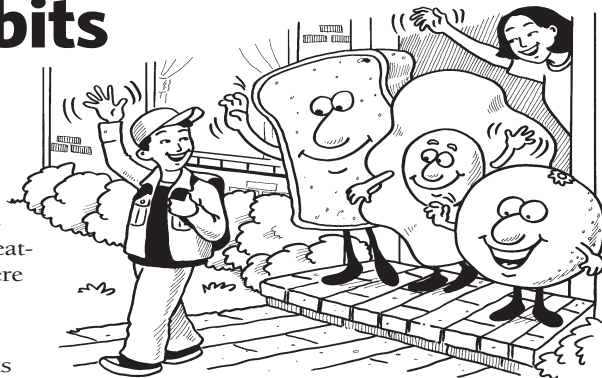
Have your youngster begin his day with a solid meal. Whether he eats at school or at home, encourage him to have whole grains (cereal, bread), protein (eggs, milk), and fruit. Eating in the morning gets your child's body working and his brain active.

### Snack wisely

Children need frequent feedings to keep their energy up. Use snack time to work toward five to nine servings of fruits and vegetables and three servings of dairy a day (for example, mix blueberries into low-fat vanilla yogurt). While occasional sweets are okay, help your youngster avoid high-fat, high-sugar items.

### Stay active

Shoot for an hour of daily physical activity. When your child is bored, suggest that he play hopscotch, start a game of hide-and-seek, or tumble. Begin a daily family exercise ritual where you take turns deciding what to do. Being active helps build strength and endurance.



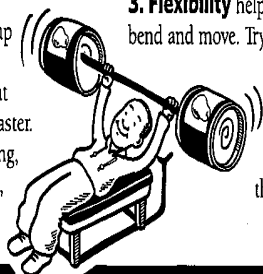
### Have family meals

Eating together as a family makes kids more likely to have healthy foods and gives you a chance to connect. Try to have dinner at the same time every night so mealtime becomes a habit. *Idea:* Let your youngster invite a friend once a week. He'll enjoy the company—and be proud to share his special family dinnertime. ♥

### Exercise 1-2-3

Endurance...strength...flexibility. These may sound like words for an adult exercise program, but all three types of training are important for kids, too. Round out your child's physical activity routine with these ideas:

**1. Endurance** is built up through "aerobic" activity, which is the kind that gets your heart beating faster. Encourage biking, running, cheerleading, ice-skating, kickball, or swimming.



**2. Strength** training builds muscles. *Ideas:* climbing on playground equipment, doing push-ups, and using soup cans as light weights to lift up and down.

**3. Flexibility** helps muscles and joints bend and move. Try somersaults and stretching exercises, such as standing on tiptoe and reaching high into the air. ♥

# Tacoma Public Schools

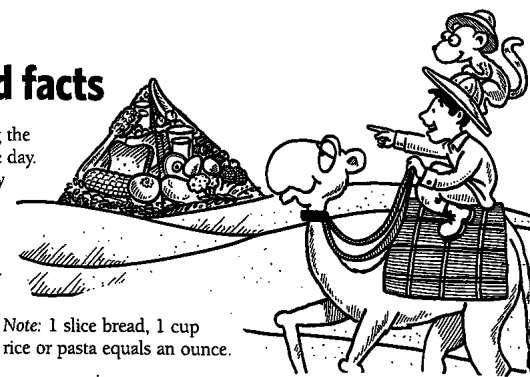
Learning and Leadership

## 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

## Food pyramid facts

Kids may dream of seeing the Great Pyramids in Egypt one day. But there's one pyramid they can visit every day! That's the Food Pyramid for Kids, which spells out these daily guidelines for healthy eating.



**Grains:** 6 ounces. At least half should be whole grains. *Note:* 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice or pasta equals an ounce.

**Vegetables:** 2½ cups. Encourage a variety.

**Fruits:** 1½ cups. Aim for mostly fresh fruit rather than juice.

**Milk:** 3 cups fat-free or low-fat milk (2 cups for children ages 2-8). Count 1 cup low-fat yogurt or 1½ ounces low-fat cheese as 1 cup milk.

**Meat and beans:** 5 ounces. Include lean meat, chicken, turkey, fish, eggs, beans, nuts, and seeds. *Note:* 1 egg, 1 tablespoon peanut butter, ½ ounce nuts, or ¼ cup dry beans equals an ounce.

Encourage your children to eat foods from all the groups each day. If a food isn't listed on the Food Pyramid—such as fats and sugars—try to limit it. (You can find the pyramid at [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids).) ♥

### Lighten up

Make recipes healthier by substituting more nutritious ingredients whenever possible. *Examples:* fat-free or 1 percent milk instead of whole milk, fresh herbs and spices instead of salt, olive or canola oil for vegetable oil. Switching ingredients allows you to serve your favorite foods—just better!



### DID YOU KNOW?

The average child spends 3 hours a day watching television and another 2½ hours on computers and video games. Try setting daily limits for your child (say, 1 hour) and encouraging her to turn some of that "screen time" into active time.

### BEST BITES

#### Snack-to-go

When you're on the go, try this healthy snack that's easy to make—and easy to take. Mix together 2 cups whole-grain cereal, 1 cup raisins, and 1 cup nuts. Divide into four plastic bags. This home-made trail mix has both energy-boosting carbohydrates and protein.



#### Trial and error

Some kids take more time than others to find exercise they like. Don't get upset if your child moves from sport to sport or activity to activity. Let him try different things—as long as he stays active.

## HELP WANTED

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](http://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.

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