

Join the Healthy Monday Campaign

Research results have indicated that people are more likely to change their behavior on Monday. For many people the beginning of the week is an ideal time to start an exercise program, improve their eating behaviors or quit smoking. This month we are encouraging all students to embrace Mondays and commit to becoming more active. This involves trying a variety of activities to help boost overall fitness, including walking, jumping rope, riding bikes, playing hopscotch and more.

my Mondays

We are encouraging families to embrace the Move It Monday's campaign. Move It Monday's is an international movement to help people improve their personal health with physical activity. It is an initiative of The Healthy Monday Campaigns, in association with the Johns Hopkins Bloomberg School of Public Health. The health benefits linked to physical activity include enhanced energy, better concentration, reduced risk of heart disease and diabetes, better weight management and a more positive mood. *Be more active today!*



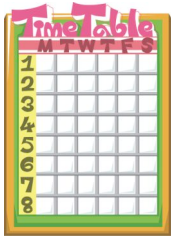
Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsp playground.com



Nutrition • Achievement • Environment • Community • Activity

How can you improve your level of fitness? The FITT Principle



Frequency - how often you perform an activity. The general recommendation is to be active most days of the week.

Time - how long you perform the activity. For example, flexibility or stretching may take 10-30 seconds for each stretch, however for aerobic activity, or activity that gets your heart beating faster, 30 to 60 minutes is ideal.



Intensity - how hard you exercise during an activity. Heart rate is one way to gauge intensity during aerobic endurance activities. Target heart rates (THR) vary with age and level of fitness. Ask your doctor to help you determine your THR.



Type - the specific activity you chose to improve your fitness. For cardiovascular benefit and weight management, aerobic activities that use large muscle groups are best. This includes walking, swimming and biking.

2011 Future Chef Finalist Cinnamon Tango Dylan Waggoner - Eugene, OR Yields: 4 servings

4 Crispy Flat Corn Tostada Shells
1/2 cup Refried Pinto Beans
1/4 cup Tomato, Diced
1/2 cup Lettuce, Shredded
2 cups Mango, Diced
1/2 tsp White Granulated Sugar
1/2 tsp Cinnamon

Directions: Gently spread beans on tostada shell. Microwave for 1-1/2 to 2 minutes. Top beans with tomatoes and lettuce. Sprinkle top with cinnamon and sugar mixture. Garnish with mango and enjoy!

Nutrition information for one serving:
187 Calories; 4.7g Total Fat,
35g Total Carbohydrates,
5.1 g Dietary Fiber,
3.3g Protein and 227mg Sodium.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>



*Remember Someone Special
on Valentine's Day
February 14th*



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



2/6
Breakfast:
 Cinnamon French Toast
Lunch:
 Spicy Rib B-Que
 Chicken Sandwich
 Cheese Pizza
 Chef Salad

2/7
Breakfast:
 Egg Patty w/Potato Rounds
Lunch:
 Macaroni & Cheese
 Chicken Sandwich
 Hamburger
 Popeye Salad

2/8
Breakfast:
 Golden Waffles
Lunch:
 Burrito
 Chicken Sandwich
 Pepperoni Pizza
 Charlie Tuna Salad

2/9
Breakfast:
 Pipin Hot Pancakes
Lunch:
 Beef Soft Taco
 Chicken Sandwich
 Hamburger
 Crispy Chicken Salad

2/10
Breakfast:
 French Toast Sticks
Lunch:
 Nachos
 Chicken Sandwich
 Hawaiian Pizza
 Cobb Salad

2/13
Breakfast:
 Cinnamon French Toast
Lunch:
 Teriyaki Dippers
 Chicken Sandwich
 Cheese Pizza
 Peppi Salad

2/14
Breakfast:
 Egg Patty w/Potato Rounds
Lunch:
 Enchilada
 Chicken Sandwich
 Hamburger
 Chef Salad

2/15
Breakfast:
 Golden Waffles
Lunch:
 Turkey Hot Dog on a Wheat Bun
 Chicken Sandwich
 Pepperoni Pizza
 Popeye Salad

2/16
Breakfast:
 Pipin Hot Pancakes
Lunch:
 Chicken Noodle Soup
 Chicken Sandwich
 Hamburger
 Charlie Tuna Salad

2/17
Breakfast:
 French Toast Sticks
Lunch:
 Turkey Gravy over Mashed Potatoes
 Chicken Sandwich
 Hawaiian Pizza
 Peppi Salad

2/20
 No School
 Presidents Day

2/21
Breakfast:
 Egg Patty w/Potato Rounds
Lunch:
 Taco Burger
 Chicken Sandwich
 Hamburger
 Cobb Salad

2/22
Breakfast:
 Golden Waffles
Lunch:
 Turkey Corn Dog
 Chicken Sandwich
 Pepperoni Pizza
 Peppi Salad

2/23
Breakfast:
 Breakfast Pizza
Lunch:
 Meatball Sub
 Chicken Sandwich
 Hamburger
 Chef Salad

2/24
Breakfast:
 French Toast Sticks
Lunch:
 Chicken Sliders
 Chicken Sandwich
 Hawaiian Pizza
 Popeye Salad

2/27
Breakfast:
 Cinnamon French Toast
Lunch:
 Sweet & Sour Meatballs
 Chicken Sandwich
 Cheese Pizza
 Charlie Tuna Salad

2/28
Breakfast:
 Egg Patty w/Potato Rounds
Lunch:
 Spaghetti w/Breadstick
 Chicken Sandwich
 Hamburger
 Crispy Chicken Salad

2/29
Breakfast:
 Pancake on a Stick
Lunch:
 Hot Ham & Cheese
 Chicken Sandwich
 Pepperoni Pizza
 Cobb Salad

Breakfast Prices
 Student or Adult Milk - 35¢
Elementary
 Full Price: \$1.50
 Reduced: Free
Secondary
 Full Price: \$1.75
 Reduced: Free

Lunch Prices
 Student or Adult Milk -35¢
Elementary
 Full Price: \$2.35
 Red. 4-5: \$0.40
 Red. K-3: Free
Secondary
 Full Price: \$2.60
 Reduced: \$0.40

We're working to deliver *more* fresh choices daily!

This month we have reduced the number of processed main entrees by 13%!

More about our daily entree choices...

Fresh from the Garden

All of our salads are made from locally grown vitamin rich produce and are a healthy choice made available daily.

They are assembled using a garden variety of leafy greens, low fat cheeses and deli meats. All of our salads can be custom made as a vegetarian option.

Grill

Piping hot sandwiches on a whole grain bun are made fresh daily just for you!

Baked Daily:

Delicious Chicken Sandwiches
Tuesday and Thursday:
 Juicy Hamburgers and Cheeseburgers

Whole Grain Pizza

Pizza baked fresh from scratch in your school kitchen's oven

Monday:

Low Fat Cheese Pizza

Wednesday:

Pepperoni Pizza

Friday:

Hawaiian Pizza

Every day all lunches come with an entrée and at least one other item from our salad bar which includes a variety of locally grown fresh fruit and vegetables, a variety of canned fruits and vegetables, a side salad and fat free, lactose free or low fat milk.

BREAKFAST

In addition to the hot entrées listed daily, we also offer oatmeal with dried fruits and nuts, and a variety of low and no sugar cereal choices. Fruit and milk will be offered in addition to the breakfast entrée.

