

Breakfast Menu

March 2010

ECEC

| Monday, 3/1 | Tuesday, 3/2 | Wednesday, 3/3 | Thursday, 3/4 | Friday, 3/5 |
|--|--|---|--|---|
| Breakfast on a Stick Applesauce | Cheese Crisp Orange Juice | Cream of Wheat Cheese Stick Strawberries | French Toast Sticks PB/Syrup Dip Pears | Hard Boiled Egg Ham Slice Wheat Bread Slice Apple Juice |
| Monday, 3/8 | Tuesday, 3/9 | Wednesday, 3/10 | Thursday, 3/11 | Friday, 3/12 |
| Corn Flakes Cinnamon Bread Stick Orange-Pineapple Juice | Breakfast Casserole Melon Fruit Cup | Oatmeal w/ Fruit Stir Ins Turkey Sausage Grape Juice | Fruit Yogurt Animal Crackers Mandarin Oranges | Waffle Sticks w/ Syrup Peaches |
| Monday, 3/15 | Tuesday, 3/16 | Wednesday, 3/17 | Thursday, 3/18 | Friday, 3/19 |
| Cheerios Mini Muffin Grape Juice SPRING BREAK FOR SRES & HEADSTART | Egg & Cheese Burrito Orange Juice | Malt O Meal Cinnamon Coffeecake Pineapple Tidbits | Pancake w/ Syrup Ham Slice Mixed Fruit | Banana PB Bread Cheese Stick Apple Juice |
| Monday, 3/22 | Tuesday, 3/23 | Wednesday, 3/24 | Thursday, 3/25 | Friday, 3/26 |
| Breakfast Bagel Melon Slices | Scrambled Egg Tortilla Mixed Fruit Juice | French Toast Sticks w/ Vanilla Yogurt Dip Peaches | Rice Krispies Breakfast Bar Grape Juice | “Make your Own” Yogurt Parfait Strawberries |
| Monday, 3/29 | Tuesday, 3/30 | Wednesday, 3/31 | | |
| Blueberry Muffin String Cheese Fruit Cocktail | Breakfast Pizza Orange-Pineapple Juice | Oatmeal Hard Boiled Egg Fruit of the Day | Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability. | Menu is subject to change without notice. The USDA is an equal opportunity provider and employer. |

Call any of our managers: Roxann Grey at SRHS—480-362-2077; Joni Andreas at ECEC/SRES—480-362-2448 or 480-362-2242 , if you have questions or concerns. **All meals are served with a variety of milks.**

NEED INFORMATION ABOUT HEALTHY HABITS AND WELLNESS?

There are many professionals in the Community that are able to answer questions for you---talk with your doctors, nurses, dietitians, WIC staff, social and behavioral health staff, and other health representatives about issues including high blood pressure, weight control, diabetes prevention, childhood diseases, and more. The Community has its own Wellness Program, too.

The Community Library has wonderful reference materials and computer access if you would like to search the internet. There is a world of information at your fingertips. If you haven't been on-line, you are in for a treat.

If you need to learn more about food availability, what fruits and vegetables are in season, quick cooking tips, you might check with the staff at the Food Distribution Program. Their food boxes provide many items that are in-season and top quality. If you have been used to fast foods, plan on trying some new items—you might not like them at first, but with a few recipe ideas and some spices, you can develop some tasty new favorites that are budget-friendly, too. Most restaurants and food stores will provide you with nutrition information if you ask.

The Fitness Center staff is always willing to work with you on getting in shape, protecting your bones, and fun activities for the whole family.

Lunch Menu

March 2010

ECEC

| Monday, 3/1 | Tuesday, 3/2 | Wednesday, 3/3 | Thursday, 3/4 | Friday, 3/5 |
|---|--|---|---|---|
| Sloppy Joe Zucchini Banana | Pasta Salad w/ Ham Chunks Mixed Veggies Rosy Applesauce | Bean Burrito Mexicorn Melon in Season | Cheese Pizza Veggie Dippers Pears | Fish Nuggets Coleslaw Fruit Salad w/ Topping |
| Monday, 3/8 | Tuesday, 3/9 | Wednesday, 3/10 | Thursday, 3/11 | Friday, 3/12 |
| Hamburger Tator Tots Banana | Beef Goulash Green Beans Breadstick Peaches w/ Craisins | Pita Sandwich Bell Pepper Strips Cantaloupe Slice | Sweet n/Sour Meatballs Noodles Oriental Veggies Apple Wedges | Chicken Breast w/ Confetti Rice Steamed Cabbage Pineapple Tidbits |
| Monday, 3/15 | Tuesday, 3/16 | Wednesday, 3/17 | Thursday, 3/18 | Friday, 3/19 |
| Sliced Ham Sweet Potatoes Dinner Roll Kiwi | Spaghetti Tossed Salad Peaches | BBQ Chicken Rice Bowl Mixed Veggies Mandarin Oranges | Turkey & Dressing Zucchini Honeydew Slice | Beef Stew w/ Tortilla Canned Pears |
| SPRING BREAK SRES & HEADSTART | | | | → |
| Monday, 3/22 | Tuesday, 3/23 | Wednesday, 3/24 | Thursday, 3/25 | Friday, 3/26 |
| Chicken Sandwich Fries Fresh Pear | Pepperoni Pizza Mixed Veggie Salad Grapes Family Wellness Night at SRHS! | Bean Nachos Corn Spiced Applesauce | Meatloaf Macaroni Salad Glazed Carrots Orange Wedges | Picnic Lunch (cheese cubes, fruit bread or crax) Veggie Dippers Fresh Fruit |
| Monday, 3/29 | Tuesday, 3/30 | Wednesday, 3/31 | | |
| Chili Cheese Fries Wheat Roll Fruit Salad | Vegetable Lasagne Garlic Bread Apple Wedges | Pork Rib w/ Tortilla Broccoli Dippers Pineapple Tidbits | Menu is subject to change without notice. The USDA is an equal opportunity provider and employer. | Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability. |

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All meals are served with a variety of milks.

Good habits are contagious! Help your family catch the “wellness bug” by planning to attend:

FAMILY WELLNESS NIGHT ON MARCH 23.

(AT SRHS)

We are planning a full evening of fun, food, and information. Some of the activities will include cooking demonstrations, brain fitness for all ages, physical fitness competitions –jump rope, push ups, maybe more; blood pressure checks, body mass index calculations, booths from Behavioral Health, Social Services, and various education departments; presentations on pre-diabetes and life style changes, the WIC program, exercise basics, children’s dance groups, and more.

Wellness consists of many things: plenty of sleep, muscle strength and flexibility, mental well-being, eating right, healthy relationships with family and friends. How we react to stresses in our lives may affect our physical well-being. How we present ourselves to others influences their reactions to us. Come and learn about the ways to a happier, healthier life.

DON'T WONDER WHAT YOU MISSED, BE THERE!

Snack Menu

March 2010

ECEC, SRES

| Monday, 3/1 | Tuesday, 3/2 | Wednesday, 3/3 | Thursday, 3/4 | Friday, 3/5 |
|--|--|---------------------------------------|---|---|
| Canned Pears Sugar Cookie | Potato Salad Cheese Square | Pretzel Bites Applesauce Dip | Mini Muffin Grape Juice | Cheese Slice Wheat Roll |
| Monday, 3/8 | Tuesday, 3/9 | Wednesday, 3/10 | Thursday, 3/11 | Friday, 3/12 |
| Peanut Butter Dip Carrot Sticks | ECEC Birthday Party (Ice Cream!) SRES- Graham Clusters Milk | Fruit & Rice Salad | Turkey Slice & Dinner Roll | Salad of the Day Wheat Crackers |
| Monday, 3/15 | Tuesday, 3/16 | Wednesday, 3/17 | Thursday, 3/18 | Friday, 3/19 |
| Cheese Crackers Milk SPRING BREAK FOR SRES, HEADSTART | Homemade Trail Mix Orange | Extreme Fruit Bites Hardboiled Egg | Cheese Strips Veggies w/ Dip | Animal Crackers Cinnamon Applesauce |
| Monday, 3/22 | Tuesday, 3/23 | Wednesday, 3/24 | Thursday, 3/25 | Friday, 3/26 |
| Elfin Grahams Orange Juice | Special K Bar Fruit Cocktail | Ritz Bits Milk | Peanut Butter & Apple Slices | Fruit Roll Up Cheese Slice |
| Monday, 3/29 | Tuesday, 3/30 | Wednesday, 3/31 | | |
| Ham Salad w/ Crackers | Fruit Yogurt Graham Crackers | Cook's Choice | Menu is subject to change without notice. The USDA is an equal opportunity provider and employer. | Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability. |

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**MAKE A DIFFERENCE!
CHOOSE HEALTHY HABITS FOR A BRIGHTER
FUTURE FOR ALL!**

**REZ FX---YOUR SCHOOL WELLNESS
POLICY!**

**FOR MORE INFORMATION, CONTACT FOOD SERVICE OR YOUR
SCHOOL NURSE.**

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SRES

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| Monday, 3/15 | Tuesday, 3/16 | Wednesday, 3/17 | Thursday, 3/18 | Friday, 3/19 |
| SPRING BREAK | TIS THE SEASON TO SMELL THE FLOWERS, | CATCH UP ON YOUR SLEEP, | VISIT WITH FAMILY AND FRIENDS, | REMEMBER SCHOOL ON MONDAY! |
| Monday, 3/22 | Tuesday, 3/23 | Wednesday, 3/24 | Thursday, 3/25 | Friday, 3/26 |
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| Monday, 3/29 | Tuesday, 3/30 | Wednesday, 3/31 | | |
| Blueberry Muffin String Cheese Fruit Cocktail | Breakfast Pizza Orange-Pineapple Juice | Bagel Half w/ Peanut Butter & Banana- SRES | Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability. | Menu is subject to change without notice. The USDA is an equal opportunity provider and employer. |

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| Monday, 3/15 | Tuesday, 3/16 | Wednesday, 3/17 | Thursday, 3/18 | Friday, 3/19 |
| SPRING BREAK | RIDE YOUR BIKE, TAKE A HIKE, | READ A BOOK, LEARN TO COOK, | TOSS A BALL, VISIT A MALL, | THEN MEET UP FOR BREAKFAST AT SCHOOL ON 3/22. |
| Monday, 3/22 | Tuesday, 3/23 | Wednesday, 3/24 | Thursday, 3/25 | Friday, 3/26 |
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