

SRHS

March 2010

Lunch Menu

Jr. Hi: 10:53 – 11:23 a.m. SALAD BAR—Monday through Friday. **Sr. Hi: 11:57 – 12:27 p.m.**

Monday, 3/1 Chicken Breast on Noodles Or Sub Sandwich	Tuesday, 3/2 Corn Dog w/ Baked Beans Or Fruit Salad w/ Muffin & Cheese Stick	Wednesday, 3/3 Hot Beef & Cheese on Kaiser Roll Or Chicken Caesar Salad w/ Croutons	Thursday, 3/4 Early Release No Lunch Served	Friday, 3/5 Early Release No Lunch Served
Monday, 3/8 Soft Beef Taco w/ Zucchini/Corn Or Ham & Pasta Salad w/ Veggie Dippers	Tuesday, 3/9 Pork Riblet w/ Rice & Peas Or Turkey Sandwich	Wednesday, 3/10 Bean Burrito w/ Sauteed Peppers Or Peanut Butter & Banana on Wheat Bread	Thursday, 3/11 Chicken Nuggets w/ Mixed Vegetables Or Expanded Salad Bar	Friday, 3/12 Green Chile Cheese Burger w/ Oven Fries Or Fish Fillet w/ Coleslaw
Monday, 3/15	Tuesday, 3/16	Wednesday, 3/17	Thursday, 3/18	Friday, 3/19
SPRING BREAK	→			
Monday, 3/22 Sweet N Sour Meatballs on Rice Oriental Veggies Or Ham & Cheese on Wheat Bread	Tuesday, 3/23 Beef Goulash Italian Green Beans Or Chef Salad w/ Breadstick	Wednesday, 3/24 Baked Ham Slice Sweet Potatoes Dinner Roll Or Yogurt Parfait	Thursday, 3/25 Chicken Drumstick w/ Scalloped Potatoes Or Expanded Salad Bar	Friday, 3/26 Red Chile Stew w/ Lazy Bread Or Sub Sandwich
Monday, 3/29 Hot Dog w/ Potato Salad Or Nacho Chips w/Bean Dip Fruit	Tuesday, 3/30 Chicken Fajitas w/ Refried Beans Or Egg Salad w/ Crackers Veggie Dippers	Wednesday, 3/31 Meatloaf w/ Mashed Potatoes Or Pita Sandwich	Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability.	The USDA is an equal opportunity provider and employer.

The kitchen staff welcomes your comments on our meals. Parents have an open invitation to drop by and see what we are serving our kids. If you would like to speak with the SRHS kitchen manager, please call Roxann Grey at 480-362-2077. If you would like to speak with the ECEC/SRES kitchen manager, please call Joni Andreas at 480-362-2242.

Menu is subject to change without notice.

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!

Served daily from 7:15-7:40 a.m.

Monday, 3/1 Yogurt Cup Granola Mix Ins Orange Juice	Tuesday, 3/2 Mini Ham Sandwich Melon	Wednesday, 3/3 Cheese Squares Wheat Crackers Apple Juice	Thursday, 3/4 WW SuperPretzel Cheese Slice Orange Wedges	Friday, 3/5 Cottage Cheese Special K Bar Strawberries
Monday, 3/8 Wheaties Nutrigrain Bar Orange-Pineapple Jc.	Tuesday, 3/9 Hard Boiled Egg Wheat Bread Banana	Wednesday, 3/10 Cinnamon Coffeecake String Cheese Mixed Fruit Juice	Thursday, 3/11 Yogurt Cup Blueberry Muffin Pear	Friday, 3/12 Mini Sandwich Applesauce
Monday, 3/15	Tuesday, 3/16	Wednesday, 3/17	Thursday, 3/18	Friday, 3/19
SPRING BREAK				
Monday, 3/22 Yogurt Cup Rice Krispies Raisins	Tuesday, 3/23 WW Pretzel w/ Ham Slice Grapes	Wednesday, 3/24 Breakfast Bar String Cheese Apple Juice	Thursday, 3/25 Bagel w/ Str. Cream Cheese Applesauce	Friday, 3/26 Hard Boiled Egg Fruit Muffin Orange Juice
Monday, 3/29 Mini Sandwich Melon	Tuesday, 3/30 Soft Breadstick PB Maple Dip Apple Juice	Wednesday, 3/31 WW SuperPretzel Cheese Slice Orange Wedges	The USDA is an equal opportunity provider and employer. Menu is subject to change without notice.	Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability.

Breakfasts are bagged for “grab and go” service this year due to the earlier start time. A variety of milk will be available and students may choose their favorites at each meal. Students will be required to scan their ID card or enter their ID number on a pinpad for meal accounting purposes.

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.