

Lunch price is \$1.75 and reduced price is \$.40

Breakfast is \$.75 and reduced price is \$.30

CARROTS !

Carrots are in the yellow/orange color group for fruits and vegetables. Remember to eat a variety of colorful fruits and vegetables every day – red, yellow/orange, white, green & blue/purple. The yellow/orange items help maintain a healthy heart, vision health, and a healthy immune system. They may also lower the risk of some cancers.

Carrots are an excellent source of vitamin A and are a good source of fiber and vitamin C. Visit

www.5aday.com/html/colorway_home.php for more information. Great Carrot

Recipe for Kids to Make:

Carrot Raisin Sunshine Salad

6 Carrots, Peeled & Shredded

½ Cup Raisins

1 – 8oz Lowfat Vanilla Yogurt

Butter head Lettuce Leaves

Mix all ingredients together.

Refrigerate for at least 15 minutes. Spoon ¼ Cup into the lettuce leaves. Serve

Too many or not the right Snacks?

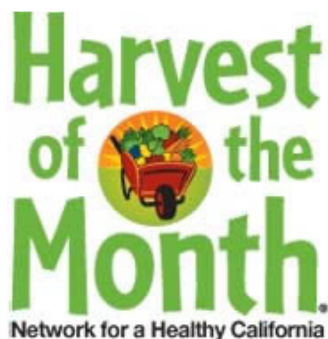
Your child may come home from school and he snacks all afternoon and then isn't hungry for dinner. How can you get him to change this habit?

You may be surprised to know that children actually need snacks. Their stomachs are small, so they can't get all the food and nutrients they need in just three meals a day.

Trick is to give your youngster a snack that's both healthy and filling so he will be able to wait until dinnertime to eat again.

Try giving your child a choice of snacks when he comes home. Offer foods like;

- Low fat popcorn
- String cheese & fresh fruit
- Cheese and plain crackers
- Cup fruits, grapes or raisins!
- Fresh Carrots and other vegetables!



Welcome once again to the "Harvest of the Month" program! This program links the classroom, cafeteria, home and community to motivate and support students to make healthy food choices and be physically active every day. It helps connect students in the classroom with the importance of eating fruits and vegetables regularly.

Carrots are the featured Vegetable this month. The cafeterias will serve it often and we have activity sheets for learning about carrots and their healthy benefits.

Please remember that the Nutrition Services Department offers both breakfast and lunch. The school district participates in the *National School Lunch and Breakfast Programs*, so the meals meet or exceed the USDA guidelines and regulations for the *School Meals Initiative for Healthy Children*. We strive to offer great food choices, exciting events and student activities to encourage them to learn more about nutrition and healthy eating habits that will benefit them for a lifetime. A Great Value! School meals will only cost you this much for 1 week if you are; Reduced Price Status; Breakfast for 1 week-\$1.50, Lunch for 1 week-\$2.00, Both Meals- \$3.50 Full Price Status; Breakfast for 1 week-\$3.75, Lunch for 1 week- \$8.75 Both Meals- \$12.50 If you receive a call or note about how much you owe the cafeteria, please pay promptly even if it means making small frequent payments. If you have questions or comments about any aspect of the food service program, please contact Bill Dunlavy at 665-8027 or Elizabeth Tornero at 665-8037. Thank you for your support and interest in the school meal programs.