

Step Up and Move Your Body Game!

How to Win

Participate in at least one-hour or 60-minutes of physical activity every day.

How to Play

Find ways to get your body moving every day. Your goal is to accumulate 60 minutes of activity in a day. You can choose to do it all at once or space it out over the day—maybe 30 minutes in the morning and 30 minutes in the evening. Activities can range from helping clean the house to playing a game of soccer. Maybe you could try some of the following activities:

- Fly a kite or throw a Frisbee with a friend
- Play a sport like lacrosse, basketball or baseball
- Go swimming
- Jump rope or play hop-scotch
- Turn up the music and vacuum, mop floors, or dust the house
- Clean windows and mirrors
- Clean your room
- Be active during TV commercials like jumping jacks or sit-ups
- Take the stairs instead of the elevator
- Dance to the radio
- Visit www.letsmove.gov for more fun ideas.



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

Maintaining A Healthy Weight During the Holiday's

Have you ever heard, “it’s all about calories in and calories out?” This comment is typically referring to the basics of weight maintenance. Stated differently, maintaining a healthy weight means that the calories you eat must be balanced with the calories you burn through normal body functions and daily physical activities. Weight gain is often the result of people eating more calories than the body uses daily. Weight loss happens when there is a calorie deficit or when a person eats fewer calories than the body needs or they burn extra calories through daily physical activity.

A calorie is a unit of energy supplied by food. All foods contain calories, including grains, vegetables, fruits, milk, meat, beans, fats and oils. You can use the My Plate calculator and tracking tools at www.choosemyplate.gov to determine how many calories you need and how many calories you need for weight loss or weight maintenance. As a general rule, to loose one-pound over a week you need to eat a minimum of 500 calories less per day. Or, focus on eating 250 calories less per day and increasing movement to burn the other 250 calories.

Tracking your food intake using the My Plate tracking tool is a great way to become more aware of your food choices and portions being consumed. Many people are on autopilot and often overlook their food choices. You may think you eat healthy, but once you start logging your behavior you may be shocked what you learn. Portion control and meal planning are the two areas busy people struggle with the most. Let the My Plate tools help guide you to a healthier you!

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/>

2011 Future Chef Finalist Dulcie's Wrap Duo

Dulcie Robertson – Helena, MT

Yields: 4 servings

Turkey Bacon Vegetable Wrap

- 1 Whole Wheat Tortilla
- 1 TBSP Fat Free Cream Cheese
- 1 Large Green Lettuce Leaf
- 2 Slices Deli Turkey Breast
- 3 Grated Baby Carrots
- 1/4 cup Chopped Broccoli Florets
- 1/4 cup Shredded Cheddar Cheese
- 1/8 cup Bacon Bits
- 1 TBSP Reduced Fat Ranch Dressing

Directions: Spread cream cheese evenly on tortilla. Layer turkey and lettuce on top of cream cheese. Sprinkle carrots, broccoli, cheese and bacon bits. Drizzle with dressing, roll and cut into 1-1/2 inch sections.

Dulcie's Dulce Wrap

- 1/4 cup Low Fat Strawberry Yogurt
- 4 Chopped Strawberries
- 1/4 cup Chopped Blueberries
- 1 Whole Wheat Tortilla
- 1/4 cup Nonfat Whipped Topping

Directions: Mix yogurt, strawberries and blueberries together in small bowl. Spread whip topping and berry mixture evenly on tortilla. Roll and cut into 1-1/2 inch sections.

Nutrition Information for one serving:
232 calories; 8.5 g total fat, 32 g total carbohydrates, 3.8 g dietary fiber, 8.5 g protein and 566 mg sodium.



Have a Happy and Safe New Year!



DECEMBER 2011

Kennewick School District Menu

MONDAY

Breakfast Prices

Student or Adult
Milk – 50¢

Elementary
Full Price: \$1.15
Reduced: Free

Secondary
Full Price: \$1.40
Reduced: Free

TUESDAY

Lunch Prices

Student or Adult
Milk – 50¢

Elementary
Full Price: \$2.25
Red. 4-5: \$0.40
Red. K-3: Free

Secondary
Full Price: \$2.50
Reduced: \$0.40

WEDNESDAY



THURSDAY

12/1
Breakfast:
Pancake & Sausage
on a Stick

Lunch:
Chicken Taco
Soup
Chicken Sandwich
Hamburger
Popeye Salad

FRIDAY

12/2
Breakfast:
French Toast Sticks

Lunch:
Turkey Corn
Dog
Chicken Sandwich
Hawaiian Pizza
Chef Salad

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 Wheat 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.

12/5
Breakfast:
Pipin' Hot Pancakes

Lunch:
Teriyaki Dippers
w/Brown Rice
Chicken Sandwich
Cheese Pizza
Peppi Salad

12/6
Breakfast:
Breakfast Pizza

Lunch:
Spaghetti
w/Breadstick
Chicken Sandwich
Hamburger
Chef Salad

12/7
Breakfast:
Golden Waffles

Lunch:
Hot Dog on
Wheat Bun
Chicken Sandwich
Pepperoni Pizza
Charlie Tuna Salad

12/8
Breakfast:
Pancake & Sausage
on a Stick

Lunch:
Enchilada
Chicken Sandwich
Hamburger
Popeye Salad

12/9
Breakfast:
French Toast Sticks

Lunch:
Baked Chicken
Nuggets
Chicken Sandwich
Hawaiian Pizza
Cobb Salad

12/12
Breakfast:
Cinnamon French
Toast

Lunch:
Nachos
w/Cheese
Chicken Sandwich
Cheese Pizza
Chef Salad

12/13
Breakfast:
Egg Patty
w/Potato Rounds

Lunch:
Meatball Sub
Chicken Sandwich
Hamburger
Popeye Salad

12/14
Breakfast:
Golden Waffles

Lunch:
Spicy Rib B-Que
Chicken Sandwich
Pepperoni Pizza
Chef Salad

12/15
Breakfast:
Pipin Hot Pancakes

Lunch:
Turkey Gravy
w/Mashed Potatoes
Chicken Sandwich
Hamburger
Crispy Chix Salad

12/16
Breakfast:
French Toast Sticks

Lunch:
Waffles &
Sausage Patty
Chicken Sandwich
Hawaiian Pizza
Peppi Salad

12/19
Breakfast:
Cinnamon French
Toast

Lunch:
Ham & Egg
Breakfast Bowl
Chicken Sandwich
Cheese Pizza
Crispy Chix Salad

12/20
Breakfast:
Egg Patty
w/Potato Rounds

Lunch:
Macaroni &
Cheese
Chicken Sandwich
Hamburger
Cobb Salad

12/21
Breakfast:
Golden Waffles

**All Grades
Early Release**

Winter Break

12/22
Winter Break

No School

12/23
Winter Break

No School



No School K - 12

Winter Break December 21 - January 3



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