

KSD School Operations Levy Renewal

The Kennewick School District has placed a referendum on the February 14, 2012 ballot asking voters to renew its two-year school operations levy. This would replace the levy approved by voters in 2010, which will expire on December 31, 2012.

Levy dollars bridge the gap between state and federal funding and the actual cost of operating a school district. They are used to support basic education, programs, and staffing. In fact, local levy and levy equalization dollars make up 20.3% of KSD's budget. If the levy isn't renewed by voters, KSD would lose that funding.

The proposed levy amounts for 2013 and 2014 are \$22 million and \$23.4 million. The projected cost to taxpayers in 2013 is \$3.38 for every \$1,000 of property value. That's an increase of approximately \$1.67 per month or \$20.00/year on a \$200,000 home. In 2014, the projected rate is \$3.48 per thousand, again an increase of \$20.00/year on a \$200,000 home. Tax rates are estimates because they are based on assessed property values. No matter what the rate, the district only receives the dollar amount approved by voters on the ballot.

Your vote matters, so take time now to become informed. A great resource is the KSD website. Look for the "Levy Information" tab at the top of the page. If you have specific questions, don't hesitate to ask! Feel free to e-mail Dave Bond, Vic Roberts, or Lorraine Cooper. Ballots will begin arriving in mailboxes around January 25. Ballots must be postmarked by February 14, 2012 to count—but don't wait and leave them on the kitchen counter or in the "to get to" pile. Mail your ballot in right away!



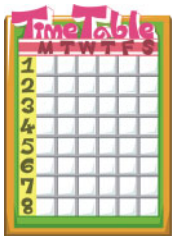
Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplyground.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.

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 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.



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



FEBRUARY 2012

Kennewick School District Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



2/1
Breakfast:
Golden Waffles

Lunch:
Baked Chicken Nuggets
Chicken Sandwich
Pepperoni Pizza
Crispy Chicken Salad

2/2
Breakfast:
Pipin' Hot Pancakes

Lunch:
Chili Fritos Supreme
Chicken Sandwich
Hamburger
Cobb Salad

2/3
Breakfast:
French Toast Sticks

Lunch:
Turkey Corn Dog
Chicken Sandwich
Hawaiian Pizza
Peppi 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.

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:
Meatball Sub
Chicken Sandwich
Pepperoni Pizza
Charlie Tuna Salad

2/9
Breakfast:
Pipin Hot Pancakes

Lunch:
Enchilada
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:
Chicken Soft Taco
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

Early Release Furlough Day

2/20
No School

Presidents Day

2/21
Breakfast:
Egg Patty w/Potato Rounds

Lunch:
Chicken Sliders
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:
Turkey Gravy w/Mashed Potatoes
Chicken Sandwich
Hamburger
Chef Salad

2/24
Breakfast:
French Toast Sticks

Lunch:
Bean & Cheese Burrito
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:
Waffles w/Sausage Patty
Chicken Sandwich
Pepperoni Pizza
Cobb Salad

Breakfast Prices

Student or Adult Milk - 50¢

Elementary
Full Price: \$1.15
Reduced: Free

Secondary
Full Price: \$1.40
Reduced: Free

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



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