

## Snacking and Kids Go Hand-in-Hand

Kids need regular meals and snacks for optimal performance and development. Just like breakfast in the morning and lunch in the middle of the day, this is true for snacks after school. Afterschool snacks are important when kids eat an early lunch and when their dinner may be late. Here are a few tips to help provide your child with nutritious afterschool snacks:

- Pick at least two food groups per snack: vegetables, fruits, proteins, grains and/or dairy.
- Remember it's a snack and not a full meal, so watch the portion sizes. One half of a sandwich and a small piece of fruit would make a great afterschool snack or mini meal.

- Snack time is a great time to try new foods. Try hummus, nut butters, broccolini, purple cauliflower, baked apples or frozen 100% juice bars.
- Invite kids to help invent and prepare new snacks, such as a trail mix made with dried fruits and whole grain cereals.
- Give a healthy spin on favorite treats. Try baked sweet potato wedges instead of fried French fries.
- Focus on snacking on vegetables, fruits, whole grains and choosing lean proteins and low-fat milk.
- Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk.



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](http://www.liftoffsp playground.com)



Nutrition • Achievement • Environment • Community • Activity

## 2013 - 2014 KSD School Operations Levy

It will soon be time to renew the KSD School Operations Levy. The upcoming two year levy will be on the February 14, 2012 ballot and your vote is very important. Please remember that this isn't a new tax. We are asking voters to approve the **renewal** of the current levy that will expire on December 31, 2012. School districts run levies every two to four years.

Basic education isn't fully funded by the state. Therefore, school districts must ask voters in their community to bridge the gap between state funding and the cost of basic education with local school operations levies. The levy makes up 20.3% of our total budget. The consequence of losing this funding would result in drastic reductions in staff and programs.

Positions funded with levy dollars include teachers, para-educators, nurses, librarians, secretaries, counselors, security officers, custodians, maintenance personnel, and bus drivers. The school operations levy also helps pay for special education staff and other professionals to provide care and instruction for students with special needs.

Levy dollars fund music, athletics, all extra-curricular activities and transportation to and from special events. It supplements state funding in providing resources for classroom instruction, including textbooks and technology. Programs such as the Dual Language program, Kennewick Opportunities for Gifted and Advanced Placement classes are all supported by levy dollars. Ballots will be arriving around January 25 and they must be postmarked by February 14, but don't put it off. Return yours right away! More information is available on the district website at [www.ksd.org](http://www.ksd.org)

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 Safiya's Super Salad Surprise

Safiya Armstrong – Oklahoma City, OK  
Yields: 2 servings

### Sauce

8 oz Low-Fat Plain Yogurt  
1 TBSP Honey  
1/4 tsp Cinnamon  
1/4 tsp Vanilla

**Directions:** Mix all ingredients together and set aside.

1/2 cup Cucumbers, diced  
1/2 cup Frozen Grapes, chopped  
1/2 cup Mandarin Oranges  
1/2 cup Blueberries  
2 TBSP Nuts

**Directions:** Mix cucumbers and fruit together. Stir in sauce and top with nuts.

**Nutrition information for one serving:**  
243 Calories; 5g Total Fat,  
44g Total Carbohydrates,  
2.5 g Dietary Fiber, 6.5g Protein  
and 87mg Sodium.

# Welcome to 2012!

# JANUARY 2012

## Kennewick School District Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2 <b>Winter Break Continues</b>	1/3 <b>Winter Break Continues</b>	1/4 <b>Breakfast:</b> Golden Waffles  <b>Lunch:</b> Baked Chicken Nuggets Chicken Sandwich Pepperoni Pizza Charlie Tuna Salad	1/5 <b>Breakfast:</b> Pipin' Hot Pancakes  <b>Lunch:</b> Enchilada Chicken Sandwich Hamburger Popeye Salad	1/6 <b>Breakfast:</b> French Toast Sticks  <b>Lunch:</b> Turkey Corn Dog Chicken Sandwich Hawaiian Pizza Crispy Chicken Salad
1/9 <b>Breakfast:</b> Cinnamon French Toast  <b>Lunch:</b> Teriyaki Dippers Chicken Sandwich Cheese Pizza Chef Salad	1/10 <b>Breakfast:</b> Egg Patty w/Potato Rounds  <b>Lunch:</b> Beef Taco Salad Chicken Sandwich Hamburger Popeye Salad	1/11 <b>Breakfast:</b> Golden Waffles  <b>Lunch:</b> Sweet & Sour Meatballs Chicken Sandwich Pepperoni Pizza Peppi Salad	1/12 <b>Breakfast:</b> Pipin Hot Pancakes  <b>Lunch:</b> Chili Fritos Chicken Sandwich Hamburger Cobb Salad	1/13 <b>Breakfast:</b> French Toast Sticks  <b>Lunch:</b> Ham & Egg Breakfast Bowl Chicken Sandwich Hawaiian Pizza Crispy Chicken Salad
1/16 <b>No School</b>  <b>Martin Luther King Day</b>	1/17 <b>Breakfast:</b> Egg Patty w/Potato Rounds  <b>Lunch:</b> Chicken Taco Soup Chicken Sandwich Hamburger Charlie Tuna Salad	1/18 <b>Breakfast:</b> Golden Waffles  <b>Lunch:</b> Meatball Sub Chicken Sandwich Pepperoni Pizza Popeye Salad	1/19 <b>Breakfast:</b> Breakfast Pizza  <b>Lunch:</b> Spaghetti w/Breadstick Chicken Sandwich Hamburger Crispy Chicken Salad	1/20 <b>Breakfast:</b> French Toast Sticks  <b>Lunch:</b> Bean & Cheese Burrito Chicken Sandwich Hawaiian Pizza Chef Salad
1/23 <b>Breakfast:</b> Cinnamon French Toast  <b>Lunch:</b> Hot Dog on a Wheat Bun Chicken Sandwich Cheese Pizza Cobb Salad	1/24 <b>Breakfast:</b> Egg Patty w/Potato Rounds  <b>Lunch:</b> Chicken Sliders Chicken Sandwich Hamburger Charlie Tuna Salad	1/25 <b>Breakfast:</b> Golden Waffles  <b>Lunch:</b> Nachos w/Cheese Chicken Sandwich Pepperoni Pizza Popeye Salad	1/26 <b>Breakfast:</b> Pipin Hot Pancakes  <b>Lunch:</b> Turkey Gravy Mashed Potatoes Chicken Sandwich Hamburger Crispy Chicken Salad	1/27 <b>Breakfast:</b> French Toast Sticks  <b>Lunch:</b> Orange Chicken w/Rice Chicken Sandwich Hawaiian Pizza Peppi Salad
1/30 <b>Breakfast:</b> Cinnamon French Toast  <b>Lunch:</b> Spicy Rib B-Que Chicken Sandwich Cheese Pizza Popeye Salad	1/31 <b>Breakfast:</b> Egg Patty w/Potato Rounds  <b>Lunch:</b> Sloppy Joe Chicken Sandwich Hamburger Charlie Tuna 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.

### 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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