

## Join the Healthy Monday Campaign

Research results have indicated that people are more likely to change their behavior on Monday. For many people the beginning of the week is an ideal time to start an exercise program, improve their eating behaviors or quit smoking. This month we are encouraging all students to embrace Monday's and commit to making healthier food choices. Our focus this month is on trying more plant-based foods.

# my Mondays

We will be promoting more of our vegetarian and plant-based options consistent with the Meatless Monday campaign. Meatless Monday is an international movement to help people reduce their meat consumption by 15% to improve personal health and the health of the planet. It is an initiative of The Monday Campaigns, in association with the Johns Hopkins Bloomberg School of Public Health. The health benefits linked to a plant based diet include reduced risk of heart disease, some cancers, diabetes and obesity. As a country, reducing the risks associated with these diet-related illnesses allows for individual and national healthcare savings. Eating plant-based foods is not only good for our body, but also good for the planet! Choosing meatless choices reduces our carbon footprint, water usage and fuel consumption. *So what are you waiting for? Give meatless meals a try today!*



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

### Making the Switch to Meatless

Here are some easy meatless menu switches:

Instead Of...	Try...
Beef Tacos	Replace beef with beans or textured vegetables protein made into "meat" granules
Grilled Ham & Cheese Sandwich	Sliced tomato and bell pepper instead of ham
Chili Con Carne	Create it meatless style with pinto, kidney, black beans or lentils
Spaghetti with Meatballs	Replace meat with tofu, mushrooms or extra vegetables
Meat Lasagna	Add Spinach, eggplant, tofu or extra vegetables in place of meat
Chicken Stir-Fry	Use Portobello mushrooms, plenty of vegetables, brown rice and nuts as tolerated
Chicken Fajitas	Use tempeh, broken into bite-size pieces, low-fat cheese and plenty of vegetables

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

#### The Grapepillar

Nathaniel Ottavi – Woonsocket, RI

#### Yields: 4 servings

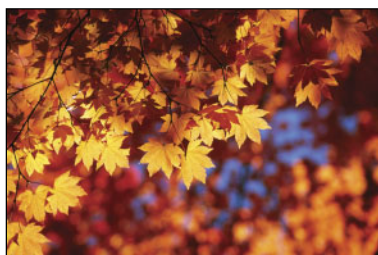
20 leaves of Spinach  
4 TBSP Fat Free Cream Cheese  
20 Grapes  
4 Raisins  
1/8 cup Shaved Coconut  
8 Almonds

**Directions:** Lay spinach on plate. Create the body of the grapepillar by spreading cream cheese on the top side of grape and connecting the grapes together. Place grapepillar on bed of spinach. Stick the shaved coconut on either side of the grapes as legs. Cut the raisin in half and place on the first grape as eyes. Stick the almonds on top of the first grape as antennas.

#### Nutrition Information

for one serving:

**62 Calories; 2.4 g Total Fat,  
7 g Total Carbohydrates,  
1.8 g Dietary Fiber,  
4 g Protein and  
132 mg Sodium.**




# Fall is in the air!



# OCTOBER 2011

## Kennewick School District Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10/3</b> <b>Breakfast:</b> Pipin' Hot Pancakes  <b>Lunch:</b> Teriyaki Burger Chicken Sandwich Cheese Pizza Veggie Wrap	<b>10/4</b> <b>Breakfast:</b> Egg Patty w/Potato Rounds  <b>Lunch:</b> Macaroni & Cheese Chicken Sandwich Hamburger Cobb Salad	<b>10/5</b> <b>Breakfast:</b> Golden Waffles  <b>Lunch:</b> Turkey Corn Dog Chicken Sandwich Pepperoni Pizza Chef Salad	<b>10/6</b> <b>Breakfast:</b> Hot Ham & Cheese Sandwich  <b>Lunch:</b> Enchilada Chicken Sandwich Hamburger Crispy Chicken Salad	<b>10/7</b> <b>Breakfast:</b> French Toast Sticks  <b>Lunch:</b> Chicken Nuggets Chicken Sandwich Hawaiian Pizza Peppi Salad
<b>10/10</b> <b>Breakfast:</b> Pipin' Hot Pancakes  <b>Lunch:</b> Nachos w/Cheese Chicken Sandwich Cheese Pizza Charlie Tuna Salad	<b>10/11</b> <b>Breakfast:</b> Egg Patty w/Potato Rounds  <b>Lunch:</b> Chicken Soft Taco Chicken Sandwich Hamburger Popeye Salad	<b>10/12</b> <b>Breakfast:</b> Golden Waffles  <b>Lunch:</b> Sweet & Sour Meatballs Chicken Sandwich Pepperoni Pizza Cobb Salad	<b>10/13</b> <b>Breakfast:</b> Breakfast Pizza  <b>Lunch:</b> Veggie Chili Fritos Chicken Sandwich Hamburger Chef Salad	<b>10/14</b> <b>Breakfast:</b> French Toast Sticks  <b>Lunch:</b> Ham & Egg Breakfast Bowl Chicken Sandwich Hawaiian Pizza Crispy Chicken Salad
<b>10/17</b> <b>Breakfast:</b> Pipin' Hot Pancakes  <b>Lunch:</b> Hot Dog on a Bun Chicken Sandwich 3 Cheese Pizza Peppi Salad	<b>10/18</b> <b>Breakfast:</b> Egg Patty w/Potato Rounds  <b>Lunch:</b> Chicken Sliders Chicken Sandwich Hamburger Charlie Tuna Salad	<b>10/19</b> <b>Breakfast:</b> Golden Waffles  <b>Lunch:</b> Meatball Sub Chicken Sandwich Pepperoni Pizza Popeye Salad	<b>10/20</b> <b>Breakfast:</b> Hot Ham & Cheese Sandwich  <b>Lunch:</b> Turkey Gravy w/Mashed Potatoes Chicken Sandwich Hamburger Cobb Salad	<b>10/21</b> <b>Breakfast:</b> French Toast Sticks  <b>Lunch:</b> Lite Turkey Wrap Chicken Sandwich Hawaiian Pizza Chef Salad
<b>10/24</b> <b>Breakfast:</b> Pipin' Hot Pancakes  <b>Lunch:</b> Turkey Corn Dog Chicken Sandwich Cheese Pizza Veggie Quesadilla	<b>10/25</b> <b>Breakfast:</b> Egg Patty w/Potato Rounds  <b>Lunch:</b> Spaghetti & Meatballs Chicken Sandwich Hamburger Peppi Salad	<b>10/26</b> <b>Breakfast:</b> Golden Waffles  <b>Lunch:</b> Teriyaki Dippers Chicken Sandwich Pepperoni Pizza Charlie Tuna Salad	<b>10/27</b> <b>Breakfast:</b> Breakfast Pizza  <b>Lunch:</b> Chicken Taco Soup Chicken Sandwich Hamburger Popeye Salad	<b>10/28</b> <b>Breakfast:</b> French Toast Sticks  <b>Lunch:</b> Hot Ham & Cheese Chicken Sandwich Hawaiian Pizza Cobb Salad
<b>10/31</b> <b>Breakfast:</b> Pipin' Hot Pancakes  <b>Lunch:</b> Bean & Cheese Burrito Chicken Sandwich Cheese Pizza Chef Salad				
		<b>Breakfast Prices</b> Student or Adult Milk – 50¢  Elementary Full Price: \$1.15 Reduced: Free  Secondary Full Price: \$1.40 Reduced: Free		<b>Lunch Prices</b> 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

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.

