

Power Up! Kick Start The Day With Breakfast

BREAKFAST works! National research studies continue to support the benefits of eating breakfast every day. The fuel provided by breakfast, whether eaten at school or at home, can result in:

- ✓ Less illness and fewer visits to the school nurse
- ✓ Better concentration and improved student test scores
- ✓ Less tardiness and improved classroom behavior
- ✓ Healthier weight

Encourage your children to eat breakfast EVERY day!



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

Jump Start Your Weight Control

Not only does breakfast provide the fuel for better concentration and learning, but researchers have also found breakfast encourages weight loss and maintenance by jump starting your metabolism and preventing over-eating later in the day.

If you want to take a first step towards a healthier weight, consider trying one of the following simple breakfast ideas:

- Warm Boiled Egg and Whole Wheat Toast with Fruit Preserves
- Nonfat Yogurt with Granola and Frozen Berries
- Hot Oatmeal made with Nonfat or 1% Milk, Dried Fruit and Nuts
- Whole Wheat Toast Topped with Peanut Butter and a Banana
- Sliced Tomato Topped with Low Fat Turkey Bacon and Melted Fresh Mozzarella
- Vegetable Omelet with Whole Wheat Toast and Margarine
- Whole Grain Cereal with Nonfat or 1% Milk and Sliced Fruit
- Incredibly Healthy Banana Split (see recipe on right)

*Recipe inspired by:
2011 Future Chef Finalist
Incredibly Healthy
Banana Split*

Brooklyn Braden – Ellwood City, PA

Yields: 4 servings

- 4 Small Bananas
- 1 cups Non-Fat Vanilla Yogurt
- 1 cup Whipped Sweet Potato
- 1 cup Diced Strawberries
- 1/2 cup Low Fat Granola

Directions:

Cut banana lengthwise and place in bowl.

Top with yogurt, sweet potato and fruit.

Sprinkle with granola.

Enjoy!

*Nutrition Information for one serving:
257 Calories; 1.2 g Total Fat,
60 g Total Carbohydrates,
5.3 g Dietary Fiber,
5.5 g Protein and
65 mg Sodium*

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/>




*Happy Thanksgiving
on November 24th*



NOVEMBER 2011

Kennewick School District Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11/1 Breakfast: Breakfast Pizza Lunch: Beef Soft Taco Chicken Sandwich Hamburger Popeye Salad	11/2 Breakfast: Golden Waffles Lunch: Teriyaki Dippers w/Brown Rice Chicken Sandwich Pepperoni Pizza Chef Salad	11/3 Breakfast: Pancake & Sausage on a Stick Lunch: Chicken Noodle Soup Chicken Sandwich Hamburger Cobb Salad	11/4 Breakfast: French Toast Sticks K-5 Early Release Report Card Prep
11/7 Breakfast: Pipin' Hot Pancakes Lunch: Hot Dog on a Wheat Bun Chicken Sandwich Cheese Pizza Crispy Chicken Salad	11/8 Breakfast: Breakfast Pizza Lunch: Chicken Soft Taco Chicken Sandwich Hamburger Peppi Salad	11/9 Breakfast: Golden Waffles Lunch: Baked Chicken Nuggets Chicken Sandwich Pepperoni Pizza Popeye Salad	11/10 Breakfast: Pancake & Sausage on a Stick Lunch: Chili Fritos Chicken Sandwich Hamburger Chef Salad	11/11 Veterans Day No School 
11/14 Breakfast: Cinnamon French Toast Lunch: Nachos w/Cheese Chicken Sandwich Cheese Pizza Charlie Tuna Salad	11/15 Breakfast: Egg Patty w/ Potato Rounds Lunch: Ham & Egg Breakfast Bowl Chicken Sandwich Hamburger Cobb Salad	11/16 Breakfast: Golden Waffles Lunch: Turkey Corn Dog Chicken Sandwich Pepperoni Pizza Crispy Chicken Salad	11/17 Breakfast: Pipin Hot Pancakes Lunch: Turkey Gravy w/ Mashed Potatoes Chicken Sandwich Hamburger Peppi Salad	11/18 Breakfast: French Toast Sticks 1-8 Early Release Conferences
11/21 K-8 No School Conferences	11/22 Breakfast: Breakfast Pizza 1-8 Early Release Conferences	11/23 Breakfast: Golden Waffles All Grades Early Release Thanksgiving Break	11/24 Thanksgiving Break No School	11/25 Thanksgiving Break No School
11/28 Breakfast: Pipin' Hot Pancakes Lunch: Orange Chicken Chicken Sandwich Cheese Pizza Popeye Salad	11/29 Breakfast: Egg Patty w/ Potato Rounds Lunch: Sloppy Joe Chicken Sandwich Hamburger Cobb Salad	11/30 Breakfast: Golden Waffles Lunch: Golden Waffle & Sausage Patty Chicken Sandwich Pepperoni Pizza Peppi Salad	Breakfast 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: 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

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 entrees 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.



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