

Nutrition Corner

Snacking is not the enemy, as long as it's done right!

Experts say one of the most common problems in children's snacking habits is eating too much of one kind of food, like crackers or cookies.

Rather than offer just one food item as a snack, Experts say the goal in healthy snacking should be to combine at least two food groups, like a protein and a carbohydrate. Not only will a combo snack pack more nutrients into kids' diets, but it will be more filling and tide them over until their next meal, which is the whole point of snacking anyway.

Examples of kid-friendly healthy snack combinations include:

- Sandwiches made with meats or peanut butter
- Crunchy vegetable sticks with low-fat ranch dip
- Hummus and pita wedges
- Yogurt parfait with low-fat yogurt and fruit
- Slice of leftover pizza
- Fruit smoothie made in a blender with fresh fruit, yogurt, and juice
- Sliced tomato with mozzarella cheese
- Melon cubes with a slice of turkey
- Hard-boiled egg with a slice of whole-wheat bread
- Low-fat yogurt with berries and almonds
- "Light" microwave popcorn with grated parmesan cheese
- Bowl of cereal with milk
- Banana slices with peanut butter

.Souce- Web, MD



**Interested
in making a difference?**

The Child Nutrition Department is always looking for dependable substitute staff to help out in the lunch lines. This is a paid position that starts up to \$12.35/hr and is perfect for parents with children in school.

We are also looking for volunteers to help us with our nutrition education program. We will be starting up our annual "Nutrition Education in the Classroom" program shortly and are always in need of volunteers. You don't need to be an expert, just love being around children and have lots of energy.

Interested? Give us a call at 760-943-2042

Parent Updates

Is your child going on a field trip?

The Child Nutrition Department provides sack lunches for field trips that are delivered to the teacher, the day of the field trip. Ask your child's teacher for a field trip request form and send it to the CN office at least 48 hours in advance. (760) 943-2042.

Sign up for for Mealpay at <http://www.mealpayplus.com>. Even if you do not pay for your child's lunches online, you can still use the service for free to check balances and get low balance reminder emails sent to you.



February and March 2010



* Vegetarian
** Pork Product

Menu Subject to Change

Salad Bars Every Tue and Thurs!

	Monday	Tuesday	Wednesday	Thursday	Friday
Surfside Pizza W/ Whole Wheat Crust!	*CHEESE & **PEPPERONI PIZZA W/GRAHAM CRACKER	*Cheese & **Pepperoni Pizza	*Cheese & **Pepperoni Pizza	*Cheese & **Pepperoni Pizza	*Cheese & **Pepperoni Pizza
VEGETARIAN EXPRESS	*Whole Wheat Bean & Cheese Burrito w/Graham Cracker	*Cheesy Taco Flavored Pockets	*Whole Wheat Bean and Cheese Burrito	NEW! *Cheese Ravioli w/Marinara	*Macaroni & Cheese
THE DELICATESSEN	Chicken Nuggets w/Graham Cracker	Chicken Nuggets	Chicken Nuggets	Chicken Nuggets	Chicken Nuggets
BUN APPÉTITE.	Turkey Hot Dog w/Graham Cracker	Hamburger on Whole wheat	Corn Dog	Tuna Sandwich on Whole Wheat	Cheeseburger on Whole wheat
	Chicken Caesar Salad & Graham Cracker	Teriyaki Beef Dunkers W/ Rice	NEW! Chicken Chow Mein	**Brunch For Lunch (Waffle and Sausage)	Chicken Caesar Salad

Lunch includes choice of main entrée, fruit, vegetable, and milk. Lunch price is \$2.50 or a pre-paid lunch account. Milk is \$0.35.

Weekly Nutrient Analysis - Calories 661, Calcium 453.57
Vitamin A 609re, Vitamin C 41.07 mg, Protein 27.64 g
Fiber 6.70 g, Carbohydrates 92.56g
Total Fat 19.33g, Saturated Fat 6.95g

Side Dish Sweeter Side Milk

Baby Carrots Corn Whole Wheat Dinner Roll	Baby Carrots Peas Whole Wheat Dinner Roll Raisins	Baby Carrots Corn Whole Wheat Dinner Roll	Baby Carrots Green Beans Whole Wheat Dinner Roll Raisins	Baby Carrots Garbanzo Beans Whole Wheat Dinner Roll
Fresh Fruit Pears	Fresh Fruit Peaches	Fresh Fruit Apricots	Fresh Fruit Mixed Fruit	Fresh Fruit Shape-Ups Pears
NF Chocolate 1% Low Fat	NF Chocolate 1% Low Fat	NF Chocolate 1% Low Fat	NF Chocolate 1% Low Fat	NF Chocolate 1% Low Fat

