



Cafeteria Use Bulletin

JAN 30 2012

Dear Parents,

Voices Academy has cafeteria use policies and rules. These rules are necessary to keep us in compliance with Federal guidelines in place for schools that serve free and reduced meals to students.

1. We suggest that incoming kindergarteners not eat breakfast with us the first week. The cafeteria can get noisy and be disorienting if they do not yet know the routine. Teachers will teach children how to use the cafeteria the first week of school so they will feel more comfortable.
2. **The doors open for breakfast at 7:30 am. Students may not be dropped off any earlier than this! You can not drop off your child any earlier than this.**
3. **Breakfast will STOP being served at 7:50 am sharp so that students have time to finish and be in class by 8:00 am.**
4. No parents in the cafeteria- No exceptions. Parents MUST remain outside, even in bad weather. Please say goodbye to your child outside the doors. Students will be escorted to their class by a school employee when done.
5. Students can not bring fast-food breakfast from (McDonalds, Burger King, etc) to eat at school. If they do not want to eat with us, please let them eat before they come to school or have them eat outside on the benches.
6. Whenever students bring food from home (breakfast, snack or lunch), it must comply with our nutrition guidelines (parent handbook).

Thank you for your cooperation. We want to make sure students are learning healthy eating habits, develop to make wise eating choices, and to comply with all Federal laws and guidelines.



Boletín del uso de la cafetería

Estimados Padres,

Voices Academy tiene políticas y reglas del uso de la cafetería. Las reglas son necesarias guardarnos de acuerdo con pautas federales en el lugar para las escuelas que sirven alimentos gratis y reducidos a los estudiantes.

1. Sugerimos que los estudiantes de Kinder no comer el desayuno con nosotros la primera semana. La cafetería puede conseguir ruidosa y desorientar si todavía no saben la rutina. Las maestras enseñarán a estudiantes cómo utilizar la cafetería la primera semana de la escuela así que se sentirán más cómodos.
2. **Las puertas para el desayuno se abren a las 7:30 AM. ¡No puede dejar a su hijo(a) más antes que esto!**
3. El desayuno **dejara ser servido a las 7:50 A.M.** para que los estudiantes tengan tiempo para acabar y estar en su sala de clase a las 8:00 A.M.
4. No se permite padres en la cafetería (incluso en tiempos de frió) – No excepciones. Los padres DEBEN permanecer afuera. Por favor, despídase de su hijo(a) fuera de las puertas. Los estudiantes serán acompañados a su clase por un empleado de la escuela cuando acaben de comer.
5. Los estudiantes no pueden traer el desayuno de la comida rápida de (McDonalds, Burger King, etc.) para comer en la escuela. Si no desean comer con nosotros, por favor deje a su hijo(a) comer antes de que vengan a la escuela o hacer que coman afuera en las bancas.
6. Cuándo los estudiantes traigan el alimento del hogar (desayuno, bocado o almuerzo), debe conformarse con nuestras pautas de la nutrición (manual del padre).

Gracias por su cooperación. Deseamos cerciorarnos de que los estudiantes estén aprendiendo hábitos sanos el comer, que se conviertan para hacer opciones sabias el comer, y que estén acuerdo con todas las leyes y pautas federales.

FEBRUARY LUNCH

FEB 1 2012 Kids Way Café Menu 2012

Franklin-McKinley School District

Menu is subject to change without notice

MONDAY

Choose an entrée from the Main Event, International, Grill or Deli



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Teriyaki Beef Dunkers with Brown Rice

2 Groundhog Day Chicken Fajita

3 Breakfast for Lunch

6 Chicken Tenders with Potato Gems

7 Spaghetti w/ Marinara Meat Sauce

8 Boy Scout Day Teriyaki Chicken w/ Brown Rice

9 Turkey with Mashed Potatoes & Gravy

10 Cheese Nachos

13 Holiday No School

14 Valentine's Day Honey BBQ Pork Rib Sandwich

15 Orange Chicken with Brown Rice

16 Chicken Pasta Alfredo

17 Chicken Nuggets with Tater Tots

20 No School President's Day Holiday

21 Mardi Gras Whole Grain Chicken Corn Dog

22 Black History Fried (Baked) Chicken Mac and Cheese Rib B Que

23 Baja Fish Tacos

24 Breakfast for Lunch

27 Honey BBQ Pork Rib over Brown Rice

28 Beef Teriyaki with Broccoli & Brown Rice

29 Chicken Nuggets with Tater Tots



*Indicates Vegetarian Option



Look for bean varieties on your salad bar this month.

LOOKING TO EARN A LITTLE EXTRA CASH ?
 WE ARE HIRING KITCHEN SUBS! \$13.53 AN HOUR!!
 Contact Franklin -McKinley Human Resources Department (408) 283-6017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

*Cheese or Pepperoni Pizza

*Bean & Cheese Enchilada

Soft Shell Beef Taco

*Cheese or Pepperoni Pizza

*Italian Dunkers

Turkey Hot Dog

Chicken Sandwich

Hot Ham & Cheese

Cheeseburger

Meatball Sub

Italian Sub Sandwich

Turkey & Cheese Sandwich

*Peanut Butter & Jelly

Turkey Ham & Cheese Sandwich

Tuna Sandwich

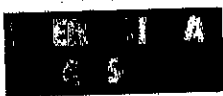
Chef Salad

Chicken Caesar Wrap

Taco Salad

Crispy Chicken Wrap

Chicken Caesar Salad



FEBRUARY BREAKFAST

Join the Healthy Monday Campaign

my Mondays

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 Mondays and commit to becoming more active. This involves trying a variety of activities to help boost overall fitness, including walking, jumping rope, riding bikes, playing hopscotch and more.

We are encouraging families to embrace the Move It Monday's campaign. Move It Monday's is an international movement to help people improve their personal health with physical activity. It is an initiative of The Healthy Monday Campaigns, in association with the Johns Hopkins Bloomberg School of Public Health. The health benefits linked to physical activity include enhanced energy, better concentration, reduced risk of heart disease and diabetes, better weight management and a more positive mood. *Be more active today!*

Hot & Cold Cereal offered daily.



All meals come with a variety of fresh & chilled fruit and milk.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sausage Flatbread	Waffles with Fruit Topping	Breakfast Burrito	Egg & Cheese on English Muffin	French Toast Sticks with Applesauce
	Yogurt & Graham Crackers	Bagelful	Benefit Bar	Bagel & Cream Cheese	Yogurt & Graham Crackers

BREAKFAST OFFERING BAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Orange Sliced Apple	Apple Mixed Fruit	Banana Sliced Apple	Orange Mixed Fruit	Orange Sliced Apple

2011 Future Chef Finalist
Cinnamon Tango
 Dylan Waggoner - Eugene, OR

Yields: 4 servings

- 4 crispy flat corn tostada shell
- 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

LUNCH OFFERING BAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad Mix Green Beans Refried Beans with Cheese Carrots Apples/Oranges Sliced Apples Apricots	Salad Mix Green Beans Refried Beans with Cheese Broccoli Apples/Oranges Sliced Apples Apricots	Salad Mix Green Beans Refried beans with Cheese Carrots Apples/Oranges Sliced Apples Apricots	Salad Mix Green Beans Refried Beans with Cheese Broccoli Apples/Oranges Sliced Apples Apricots	Salad Mix Green Beans Refried Beans with Cheese Carrots Apples/Oranges Sliced Apples Apricots

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, 36g total carbohydrates, 5.1 g dietary fiber, 3.3g protein and 227mg sodium.

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.

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.

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,

