



Healthy Earth
Use a hand towel for drying your hands and dish cloth or sponge for wiping up spills. They can be cleaned and used again instead of being used once and thrown away.

ZACK'S TIP:

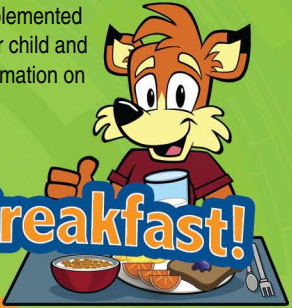
MOVE IT!
Instead of sitting through TV commercials, get up and move. Remember to limit TV watching and computer time.



MISD Steps up to the Challenge!

Childhood obesity is a major concern in the United States. Evidence indicates that poor nutrition, physical inactivity, and obesity are associated with lower student achievement. Recognizing that schools have more influence on the lives of young people than any other institution, the United States Department of Agriculture (USDA) encourages all schools to take a leadership role in helping students learn to make healthier eating and physical activity choices that will last a lifetime.

USDA has established the HealthierUS School Challenge to recognize schools that create healthier school environments. Aramark at MISD is 100% committed to providing your child with nutritious choices with our **Gold Award Menu** implemented at every single campus this year! We encourage you to come eat with your child and view all of our new offerings for the 2010-2011 school year. Get more information on what makes a menu gold at: <http://teamnutrition.usda.gov>.



Start with a Healthy Breakfast!

CYCLE 1 MONDAY	CYCLE 2 MONDAY	CYCLE 3 MONDAY
WG Pancakes w/Maple Syrup	Waffles w/Maple Syrup	WG French Toast Sticks
TUESDAY Scrambled Egg w/WG Toast	TUESDAY Breakfast Egg & Cheese Burrito	TUESDAY Egg & Cheddar Breakfast Panini
WEDNESDAY Peach Yogurt Parfait	WEDNESDAY String Cheese w/Graham Crackers	WEDNESDAY Strawberry Yogurt Parfait
THURSDAY Warm Turkey Sausage Biscuit	THURSDAY Cheese & Egg Quesadilla	THURSDAY Breakfast Ham WG Flatbread
FRIDAY Blueberry LF Muffin	FRIDAY Cinnamon Roll	FRIDAY Sausage Bagel
Cycle 1 (Week of): Jan. 17 • Feb. 7 Feb. 28 • Mar. 21 Apr. 11 • May 2 May 23	Cycle 2 (Week of): Jan. 3 • Jan. 24 Feb. 14 • Mar. 7 Mar. 28 • Apr. 18 May 9 • May 30	Cycle 3 (Week of): Jan. 10 • Jan. 31 Feb. 21 • Apr. 14 Apr. 25 • May 16

M-W-F: Hot Cereal / T-TH: WG Cheese Toast
Assorted WG Cereal w/WG Cinnamon Toast, Fresh Fruit, Chilled Fruit, assorted 100% Fruit Juice & assorted 1% or Skim Milk served daily.



- January**
Tangerines Broccoli
- February**
Berries Lettuce
- March**
Pineapple Cabbage
- April**
Banana Peas
- May**
Apricot Potato

Healthy Earth
Save your old clothes for a garage sale or give them to a charity. If they are torn and cannot be repaired, then use them for cleaning rags (cut off and save the buttons first).



Good Food + Exercise = Good Grades

McKinney ISD follows the Nutrient Standard Meal Planning system. All meals meet the Recommended Daily Allowances (RDA) established by the United States Department of Agriculture (USDA). An excellent way to get the right balance of nutrients essential for growth and development is from eating school meals. If you have any questions regarding the menu or would like more information about child nutrition, call (469) 742-4263.

Ace's Promotions

ARAMARK/McKinney ISD Child Nutrition believes that good nutrition plays a key role in a student's day. In an effort to encourage students to eat a nutritious meal at school, we developed special nutritional and educational promotions to make meal time a fun time.

Meal Pricing

- Choose a **minimum** of 3 items or a **maximum** of 4 items for a complete Breakfast meal.
- A complete Lunch meal consists of one entrée, up to 3 side items, and milk choice. A **minimum** of 3 items or a **maximum** of 5 items for a complete lunch meal.
- Milk variety and fresh fruit are offered with all meals. Any less than the minimum or more than the maximum, will result in a la carte pricing.
Breakfast - \$1.00 Reduced - \$0.30
Lunch - \$2.00 Reduced - \$0.40
- Free and reduced meal applications can be completed anytime throughout the year.



Go-Slow-Whoa

As a part of the Wellness Policy, the School Nutrition Department is working in conjunction with the Coordinated Approach To Children's Health, also known as CATCH, by identifying menu items as Go, Slow and Whoa foods. Three symbols will be used to label our foods in the serving line to help teach your child about food and nutrition. This nutritional information will be an extension of what students are learning in the classroom and in physical education classes.

- Menu items that are color coded with green are GO foods. These foods are the healthier choices and can be eaten any time.
- Yellow coded food items are SLOW foods. SLOW foods are not off limits, but they should be eaten in moderation. Remember to fill up on your GO foods!
- The red food items are known as WHOA foods. These foods should be chosen sparingly, and should always be paired with GO foods.

McKinney ISD Charge Policy

Although charges are not allowed, "emergency lunches" are available for students who forget or lose their money. Students with outstanding balances exceeding three meals, will lose privileges of making food choices and will be given an alternative meal consisting of a cheese sandwich, chilled fruit and white milk until the debt is paid.

Mealpay Plus

McKinney ISD offers a convenient way to track student purchases, as well as pre-pay student lunch accounts. www.mealpayplus.com Visit the site to register your student. You will need your child's identification number and PIN.



www.mealpayplus.com

Menu substitutions may occur.

ARAMARK is an Equal Opportunity Employer.

In accordance with Federal law and the U.S. Department of Agriculture policy, this institution does not discriminate on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call 800/795-3272 or 202/720-6382 (TTY). USDA is an equal opportunity provider and employer.



helping students flourish

Menu design by Catfish Designs • www.catfishdesigns.com



Make your world revolve around eating right!



**SPRING 2011 ELEMENTARY CALENDAR MENU
MCKINNEY ISD**

Build a strong mind and body with a Nutritious Lunch!



Assorted veggies, fruit and 100% fruit juice offered daily during lunch. All lunches include choice of assorted 1% and skim milk. Menus are subject to change without notice.

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pancakes & Turkey Sausage Patty Chicken Nuggets Ham & Cheese Sandwich Greek Salad (Vegetarian)	4 Caribbean Jerk Chicken Breast Hamburger Turkey & Cheese Pocket Hummus Veggie Platter	5 Mexican Lasagna Turkey & Cheese Melt Buffalo Chicken Wrap Baja Salad	6 Meatballs & WG Pasta Chicken Patty Sandwich Chicken Ranch Pocket Fruit & Cheese Platter	7 Chicken Rice Soup w/Grilled Cheese Sandwich Pepperoni WG Pizza Sun Butter & Jelly Sandwich Tuna Salad Platter
10 Salsa Meatball Hoagie Chicken Nuggets Ham & Cheese Sandwich Egg Chef Salad	11 General Tso's Chicken w/Brown Rice Hamburger Turkey & Cheese Pocket Hummus Veggie Platter	12 Soft Beef Tacos Turkey Hotdog Buffalo Chicken Wrap Baja Salad	13 Twisted WG Spaghetti & Meat Sauce Cheesy Bean Burrito Chicken Salad Pocket Taco Salad	14 School Holiday
17 Martin Luther King Day	18 Chili Con Carne w/Cornbread Hamburger Sun Butter & Apple Sandwich Thai Chicken Salad	19 Chicken Nachos Sloppy Joe Ham, Turkey & Cheese Wrap Fruit & Cheese Platter	20 Baked Ziti Mozzarella Stuffed Breadsticks w/Marinara Sauce Chicken Ranch Pocket Sicilian Style Salad	21 Loaded Baked Potato w/Cheese WG Pizza Tuna Salad Sandwich Chicken Caesar Salad
24 Meatloaf w/Gravy Chicken w/Brown Rice Chicken Nuggets Ham & Cheese Sandwich Egg Chef Salad	25 Sweet & Sour Chicken w/Brown Rice Hamburger Turkey & Cheese Pocket Hummus Veggie Platter	26 WG Beef Quesadilla Ham & Cheese Melt Buffalo Chicken Wrap Baja Salad	27 Italian Lasagna Chicken Patty Sandwich Artisan Veggie Wrap Taco Salad	28 Pepperoni WG Pizza Crunchy Fish Sandwich Sun Butter & Apple Sandwich Tuna Salad Platter
31 Chicken Fried Steak w/Country Gravy Sloppy Joe Ham & Cheese Sub Mediterranean Salad	Be on the lookout for Ace's "Students Pick Two!"			

Salad Descriptions

- Egg Chef Salad** - Romaine salad mix with hard boiled eggs, shredded mozzarella and cheddar cheese.
- Hummus Veggie Platter** - a platter of fresh carrots, celery, cucumbers, and baked wheat pita wedges with hummus dip for dipping. Hummus is a Mediterranean style bean dip flavored with spices.
- Baja Salad** - Romaine lettuce salad mix with corn, tomatoes, black beans, and shredded cheddar cheese.
- Taco Salad** - Romaine lettuce salad mix with taco seasoned ground beef, shredded cheddar cheese, baked tortilla chips, and salsa.
- Tuna Salad Platter** - Homemade tuna salad which is made out of tuna packed in water, celery, pepper, reduced calorie mayonnaise and lemon juice on a bed of romaine lettuce salad mix.
- Mediterranean Salad** - Romaine salad mix with chicken, parmesan cheese, and tomatoes with baked wheat pita chips.
- Chicken Caesar Salad** - Romaine lettuce with parmesan cheese, diced whole grain breaded chicken and croutons.
- Thai Chicken Salad** - Romaine lettuce, cucumbers, carrots, scallions and green shredded cabbage (slaw) mix with diced chicken and orange Thai dressing.
- Fruit & Cheese Platter** - A platter consisting of romaine lettuce salad mix, sliced apples, diced cheddar cheese, fresh grapes, and a vanilla cinnamon yogurt dipping sauce.
- Sicilian Style Salad** - Romaine lettuce salad mix with ham, mozzarella cheese and pepperoni.
- Chicken Caesar Salad** - Romaine lettuce with parmesan cheese, diced whole grain breaded chicken and croutons.
- Greek Salad** - Vegetarian version of the Mediterranean Salad

Prices

Student Breakfast	\$1.00
Student Reduced Breakfast	\$0.30
Student Lunch	\$2.00
Student Reduced Lunch	\$0.40
Adult/Visitor Lunch	\$2.75

WG = Whole Grain
LF = Low Fat

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Pancakes & Turkey Sausage Patty Chicken Nuggets Ham & Cheese Sandwich Greek Salad (Vegetarian)	8 Caribbean Jerk Chicken Breast Hamburger Turkey & Cheese Pocket Hummus Veggie Platter	9 Mexican Lasagna Turkey & Cheese Melt Buffalo Chicken Wrap Baja Salad	10 Meatballs & WG Pasta Chicken Patty Sandwich Chicken Ranch Pocket Fruit & Cheese Platter	11 Chicken Rice Soup w/Grilled Cheese Sandwich Pepperoni WG Pizza Sun Butter & Jelly Sandwich Tuna Salad Platter
14 Salsa Meatball Hoagie Chicken Nuggets Ham & Cheese Sandwich Egg Chef Salad	15 General Tso's Chicken w/Brown Rice Hamburger Turkey & Cheese Pocket Hummus Veggie Platter	16 Soft Beef Tacos Turkey Hotdog Buffalo Chicken Wrap Baja Salad	17 Twisted WG Spaghetti & Meat Sauce Cheesy Bean Burrito Chicken Salad Pocket Taco Salad	18 Pepperoni WG Pizza Chicken Patty Sandwich Sun Butter & Apple Sandwich Tuna Salad Platter
21 BBQ Chicken Breast WG Corndog Ham & Cheese Sub Greek Salad (Vegetarian)	22 Chili Con Carne w/Cornbread Hamburger Sun Butter & Apple Sandwich Thai Chicken Salad	23 Chicken Nachos Sloppy Joe Ham, Turkey & Cheese Wrap Fruit & Cheese Platter	24 Baked Ziti Mozzarella Stuffed Breadsticks w/Marinara Sauce Chicken Ranch Pocket Sicilian Style Salad	25 Loaded Baked Potato Cheese WG Pizza Tuna Salad Sandwich Chicken Caesar Salad
28 Meatloaf w/Gravy Chicken Nuggets Ham & Cheese Sandwich Egg Chef Salad	Ace celebrates "Regional American Favorites" this month!			

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Chicken Fried Steak w/Country Gravy Sloppy Joe Ham & Cheese Sub Mediterranean Salad	1 Sweet & Sour Chicken w/Brown Rice Hamburger Turkey & Cheese Pocket Hummus Veggie Platter	2 WG Beef Quesadilla Ham & Cheese Melt Buffalo Chicken Wrap Baja Salad	3 Italian Lasagna Chicken Patty Sandwich Artisan Veggie Wrap Taco Salad	4 Pepperoni WG Pizza Crunchy Fish Sandwich Sun Butter & Apple Sandwich Tuna Salad Platter
14	15	16	17	18
Spring Break • March 14-18				
21 Salsa Meatball Hoagie Chicken Nuggets Ham & Cheese Sandwich Egg Chef Salad	22 General Tso's Chicken w/Brown Rice Hamburger Turkey & Cheese Pocket Hummus Veggie Platter	23 Soft Beef Tacos Turkey Hotdog Buffalo Chicken Wrap Baja Salad	24 Twisted WG Spaghetti & Meat Sauce Cheesy Bean Burrito Chicken Salad Pocket Taco Salad	25 Pepperoni WG Pizza Chicken Patty Sandwich Sun Butter & Apple Sandwich Tuna Salad Platter
28 BBQ Chicken Breast WG Corndog Ham & Cheese Sub Greek Salad (Vegetarian)	29 Chili Con Carne w/Cornbread Hamburger Sun Butter & Apple Sandwich Thai Chicken Salad	30 Chicken Nachos Sloppy Joe Ham, Turkey & Cheese Wrap Fruit & Cheese Platter	31 Baked Ziti Mozzarella Stuffed Breadsticks w/Marinara Sauce Chicken Ranch Pocket Sicilian Style Salad	31 Chicken Rice Soup w/Grilled Cheese Sandwich Pepperoni WG Pizza Sun Butter & Jelly Sandwich Tuna Salad Platter

LUCY'S TIP:

MAKE HALF YOUR GRAINS WHOLE
Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.



Healthy Earth
Save energy and waste by switching from regular batteries to rechargeables.

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This month, enjoy Ace's "Handhelds"!				
4 Meatloaf w/Gravy Chicken Nuggets Ham & Cheese Sandwich Egg Chef Salad	5 Sweet & Sour Chicken w/Brown Rice Hamburger Turkey & Cheese Pocket Hummus Veggie Platter	6 WG Beef Quesadilla Ham & Cheese Melt Buffalo Chicken Wrap Baja Salad	7 Italian Lasagna Chicken Patty Sandwich Artisan Veggie Wrap Taco Salad	8 Pepperoni WG Pizza Crunchy Fish Sandwich Sun Butter & Apple Sandwich Tuna Salad Platter
11 Chicken Fried Steak w/Country Gravy Sloppy Joe Ham & Cheese Sub Mediterranean Salad	12 Oriental Beef Lo Mein Hamburger Sun Butter & Apple Sandwich Thai Chicken Salad	13 Soft Chicken Taco WG Corndog Ham, Turkey & Cheese Wrap Fruit & Cheese Platter	14 Mac & Cheese Beef & Bean Burrito Chicken Salad Pocket Sicilian Style Salad	15 Baked Potato w/Cheese & Broccoli Cheese WG Pizza Tuna Salad Sandwich Chicken Caesar Salad
18 Pancakes & Turkey Sausage Patty Chicken Nuggets Ham & Cheese Sandwich Greek Salad (Vegetarian)	19 Caribbean Jerk Chicken Breast Hamburger Turkey & Cheese Pocket Hummus Veggie Platter	20 Mexican Lasagna Turkey & Cheese Melt Buffalo Chicken Wrap Baja Salad	21 Meatballs & WG Pasta Chicken Patty Sandwich Chicken Ranch Pocket Fruit & Cheese Platter	22 Bad Weather Day Chicken Rice Soup w/Grilled Cheese Sandwich Pepperoni WG Pizza Sun Butter & Jelly Sandwich Tuna Salad Platter
25 Salsa Meatball Hoagie Chicken Nuggets Ham & Cheese Sandwich Egg Chef Salad	26 General Tso's Chicken w/Brown Rice Hamburger Turkey & Cheese Pocket Hummus Veggie Platter	27 Soft Beef Tacos Turkey Hotdog Buffalo Chicken Wrap Baja Salad	28 Twisted WG Spaghetti & Meat Sauce Cheesy Bean Burrito Chicken Salad Pocket Taco Salad	29 Pepperoni WG Pizza Chicken Patty Sandwich Sun Butter & Apple Sandwich Tuna Salad Platter

May/June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Student Holiday	3 Chili Con Carne w/Cornbread Hamburger Sun Butter & Apple Sandwich Thai Chicken Salad	4 Chicken Nachos Sloppy Joe Ham, Turkey & Cheese Wrap Fruit & Cheese Platter	5 Baked Ziti Mozzarella Stuffed Breadsticks w/Marinara Sauce Chicken Ranch Pocket Sicilian Style Salad	6 Loaded Baked Potato Cheese WG Pizza Tuna Salad Sandwich Chicken Caesar Salad
9 Meatloaf w/Gravy Chicken Nuggets Ham & Cheese Sandwich Egg Chef Salad	10 Sweet & Sour Chicken w/Brown Rice Hamburger Turkey & Cheese Pocket Hummus Veggie Platter	11 WG Beef Quesadilla Ham & Cheese Melt Buffalo Chicken Wrap Baja Salad	12 Italian Lasagna Chicken Patty Sandwich Artisan Veggie Wrap Taco Salad	13 Pepperoni WG Pizza Crunchy Fish Sandwich Sun Butter & Apple Sandwich Tuna Salad Platter
16 Chicken Fried Steak w/Country Gravy Sloppy Joe Ham & Cheese Sub Mediterranean Salad	17 Oriental Beef Lo Mein Hamburger Sun Butter & Apple Sandwich Thai Chicken Salad	18 Soft Chicken Taco WG Corndog Ham, Turkey & Cheese Wrap Fruit & Cheese Platter	19 Mac & Cheese Beef & Bean Burrito Chicken Salad Pocket Sicilian Style Salad	20 Bad Weather Day Baked Potato w/Cheese & Broccoli Cheese WG Pizza Tuna Salad Sandwich Chicken Caesar Salad
23 Pancakes & Turkey Sausage Patty Chicken Nuggets Ham & Cheese Sandwich Greek Salad (Vegetarian)	24 Caribbean Jerk Chicken Breast Hamburger Turkey & Cheese Pocket Hummus Veggie Platter	25 Mexican Lasagna Turkey & Cheese Melt Buffalo Chicken Wrap Baja Salad	26 Meatballs & WG Pasta Chicken Patty Sandwich Chicken Ranch Pocket Fruit & Cheese Platter	27 Chicken Rice Soup w/Grilled Cheese Sandwich Pepperoni WG Pizza Sun Butter & Jelly Sandwich Tuna Salad Platter
30 Memorial Day Holiday	31 General Tso's Chicken w/Brown Rice Hamburger Turkey & Cheese Pocket Hummus Veggie Platter	June 1 Soft Beef Tacos Turkey Hotdog Buffalo Chicken Wrap Baja Salad	2 Last Day of School Twisted WG Spaghetti & Meat Sauce Cheesy Bean Burrito Chicken Salad Pocket Taco Salad	3

Healthy Earth
Buy in bulk or buy larger packages and put the amount you need for school or snacks in reusable containers.

