

Kids Way Cafe

Lake Washington School District
Mann & Dickinson Elementary

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

May 2012	1 **Cooked to order Golden Pancakes w/ Strawberries ♦ or ** Beef Broccoli w/ Brown Rice	2 **Homemade Macaroni & Cheese or **Lowfat Turkey Hot Dog Bar ♦	3 **Cooked to order Zesty Sweet & Sour Chicken w/ Whole Grain Rice or **Hot Baked Chicken Bites ♦ Pudding♦	4 **Cooked to order Pasta Bar Special ♦ or ** Hot Italian Sub ♦
-----------------	--	--	---	--

Calories 696 Sat.Fat.5.91% Vitamin A 6567 IU Vitamin C 65.94mg Calcium 535.66mg Protein 16.88% Carbs 67.63%

7 **Whole Grain Turkey Corn Dog ♦ w/ TaterTots or Crunchy Tacos ♦	8 ** Cooked to order Toasted Waffle w/ Warm Fruit Topping or **Whole Grain Toasted Grilled Cheese Sandwich ♦	9 **Homemade Chicken Mashed Potato Bowl ♦ or **Caesar Salad Bar	10 **Cooked to order Teriyaki Chicken & Pineapple w/ Brown Rice or **Grilled Cheese Quesadilla ♦ **Cookie ♦	11 **Cooked to order Pasta Bar Special ♦ or Crunchy Beef & Cheddar Cheese Nacho ♦
---	---	--	--	--

Calories 704 Sat.Fat.6.26% Vitamin A 6601 IU Vitamin C 63.15mg Calcium 518.57mg Protein 16.63% Carbs 66.59%

14 **Cooked to order Baja Veggie Crispy Taco ♦ or **Cheesy Breadsticks w/ Marinara Sauce ♦	15 **Cooked to order **Pancakes w/ Strawberries ♦ or **Golden Crispy Fish'n Chips ♦	16 Made to order Freshly Baked Potato w/ Topping ♦ or **Homemade Rotini Alfredo ♦	17 **Cooked to order Beef Broccoli w/ Brown Rice or **Giant Calzone ♦ **Sugar Cookie ♦	18 **Cooked to order Pasta Bar Special ♦ or **Whole Wheat Toasted Grilled Cheese ♦
---	--	--	---	---

Calories 696 Sat.Fat.6.11% Vitamin A 6722 IU Vitamin C 64.43mg Calcium 524.25mg Protein 16.62% Carbs 67.35%


21 **Cooked to order Crispy Chicken Taco w/ Refried Beans ♦ or **Veggie Stromboli ♦	22 **Made to order Omelet Bar ♦ or **Teriyaki Beef Dippers & Brown Rice	23 **Made to order Deli Sandwich Bar ♦ or **Homemade Turkey Gravy w/ Mashed Potatoes ♦	24 **Cooked to order Zesty Sweet & Sour Chicken w/ Whole Grain Rice or **Cheesy Breadsticks w/ Marinara Sauce ♦ Chocolate Chip Cookie♦	No School
--	--	---	---	------------------

Calories 680 Sat.Fat.5.38% Vitamin A 6860 IU Vitamin C 66.43mg Calcium 499.94mg Protein 16.42% Carbs 67.93%

No School	29 **Cooked to order Golden Pancakes w/ Strawberries ♦ or **Hot Baked Chicken Bites ♦	30 **Homemade Meatball Sub ♦ or **Lowfat Turkey Hot Dog Bar ♦	31 **Cooked to order Teriyaki Chicken with Brown Rice or **Cheese Quesadilla♦ **Cinnamon Roll ♦	Mann & Dickinson Elementary Come and try something from our new "Made to Order menu" Featuring fresh ingredients less processed foods and cooked from scratch.
------------------	--	--	--	--

Nutritions for 4 & 5 week combined.

A Meal Includes: Entree, Unlimited selections from the Offering Bar and Milk

 Salads & Wraps	Monday **Asian Chicken Salad	Tuesday Fresh Fruit & Yogurt or Cottage Cheese ♦	Wednesday ** Turkey & Cheese Wrap♦	Thursday Chef Salad♦ or Hummus Plate	Friday **Italian Wrap ♦
Grilled Items:	**Chicken Sandwich	**Cheese Burger ♦	**Hamburger	**Chicken Sandwich	**Cheese Burger ♦
Pizza:	**Pizza ♦		**Pizza ♦		**Pizza ♦

** OUR DELI OFFERS THE FOLLOWING DELICIOUS SANDWICHES ♦:

HAM & CHEESE TURKEY EGG SALAD	TUNA SALAD HERO COMBO SUB
-------------------------------------	------------------------------

These menu ideas may contain Wheat or Dairy. ** Contains Wheat ♦ Contains Dairy

Achievements

Setting and achieving goals is one of the sweetest pleasures in life. But like everything else, achieving your goals takes both planning and hard work. Be it personal or group related; objectives generate hope and confidence even when one fails to fully fulfill them. As Benjamin Mays, former president of Morehouse College in Atlanta, Georgia, put it:

“It is not a disaster to be unable to capture your ideal, but it is a disaster to have no ideal to capture. It is not a disgrace not to reach the stars, but it is a disgrace to have no star to reach for.”

To set goals, first discover what you really want then give that your sincerest attention and concentration. To master anything, you need to devote time and energy. As you get better and closer to your goals, your confidence will grow and make it even easier to accomplish your goals. A positive feedback is a key motivator so start by dreaming and then doing!



Meals and Snacks on the Go

Life is busy and eating healthy on-the-go is a challenge for many families, but there is hope. A little pre-planning and organization can help make eating-on-the-go a healthy part of your overall diet. Here are a few tips to help you and your family.

- Make a plan before leaving home with what, when and where you and your family will be eating. Being prepared will help limit spontaneous stops for calorie dense foods with added fat, salt and sugar, as well as reduce the chances of overeating. For a quick snack, try packing pre-sliced vegetables, grab-and-go fruits and trail mix with whole grain cereals, dried fruits, nuts and seeds.
- Watch your portion sizes. Remember a snack is not a full meal and a full meal is not a platter. Share large meals with other family members or when eating out, plan to take half your meal home for another meal. If you're stopping at a fast food location then avoid supersizing the meal and look for healthier options such as fruit cups, salads and grilled or baked options.
- Stopping at a grocery store is another option versus the typical fast food restaurants. Look for salad bars and deli bars that allow you to customize your meals.



There are three easy ways to put money into your child's lunch account at school:

1. ACH – Electronic payments through your checking account.
2. Visa or MasterCard Payments – just call **425-936-1393** to apply a payment.
3. Cash or check - send a payment in with your child to the school lunch cashier.
4. Opportunity to add funds to student accounts is now available online. Information on how to pay online is available on the District website – www.lwsd.org click on the “Parent” tab, then “New User” and then follow the prompts. Questions please e-mail parentquestions@lwsd.org

Elementary School Meal Prices			
Eligibility Status	Free	Reduced	Paid
Elementary Breakfast	0.00	0.00	1.10
K-3 Lunch	0.00	0.00	2.50
Grade 4-6 Lunch	0.00	0.40	2.50
Secondary Breakfast	0.00	0.00	1.50
Secondary Lunch	0.00	0.40	2.75

Did you know?

An ostrich's eye is bigger than its brain.



Ketchup was originally sold as medicine.



The first e-mail sent was in 1971!



Food service is looking for a few hands to help serve your children.

Paid Positions available call our office at: 425-936-1393

Sweet Citrus Celery

WHAT? Sliced celery 4 cups; scallions or green onions cut into 2.5 cm pieces 1 cup; Chopped red bell pepper 1 cup; orange juice ½ cup; cornstarch 1 tsp.; grated fresh ginger 1 tbsp.; cooked long-grain rice 2 cups; brown sugar, 1 tbsp.

HOW? Cook celery, pepper, scallions and gingerroot in a sprayed large nonstick skillet, for 5 minutes or until celery is crisp-tender. In a small bowl combine cornstarch and orange juice along with brown sugar. Cook until mixture thickens and boils. Cook and stir 1 minute more and add them to vegetables. Serve over rice.

Nutrition Facts Per serving: 168 Cal. 4 gr. Protein, 38gr. Carbohydrate, 0.6 gr., Fat, 0 gr. Cholesterol, 4 gr. Dietary fiber, 572 mg potassium and 111 mg. sodium.

