

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.

