

# Elk Grove Unified School District Food & Nutrition Services...



## Creating A Healthier Generation

Complete nutritional information for all menu items is on our website at [www.egusd.net](http://www.egusd.net)

### START THE DAY OFF RIGHT...

Breakfast is served daily at the following elementary schools:

Edna Batey* <small>Starting 7/21/08</small>	Florin	James McKee
Maeola R. Beitzel	Foulks Ranch* <small>Starting 7/28/08</small>	Barbara Comstock Morse
Arthur C. Butler	Franklin	Prairie
Carroll	Arlene Hein	David Reese
Raymond Case	Roy Herburger	John Reith
Helen Carr Castello	Isabelle Jackson	Sierra Enterprise
Elitha Donner	Samuel Kennedy	Joseph Sims* <small>Starting 7/28/08</small>
John Ehrhardt	Anna Kirchgater	Sunrise* <small>Starting 9/8/08</small>
Elk Grove	Herman Leimbach	Mary Tsukamoto
Elliott Ranch* <small>Starting 8/4/08</small>	Charles Mack	Union House
Robert J. Fite	Florence Markofer	Irene B. West

\*Start dates at new sites subject to change

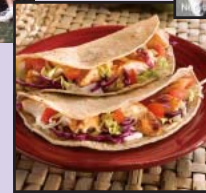
Breakfast costs \$1.25. Students qualifying for free lunch also qualify for free breakfast.

### Variety is Part of Healthy Eating

Trying new foods is an exciting part of eating. Every day five entrées are offered in your child's school cafeteria. Encourage your child to try different foods at home and at school. By eating a variety of different foods it is easier to get all of the nutrients our bodies need.

### What can you do to help your child develop healthy habits?

- Encourage your child to be physically active for 60 minutes every day.
- Offer nutritious meals at home based on the USDA's MyPyramid.
- Make healthy choices when selecting foods to send to school for snacks or class parties.



## HARVEST OF THE MONTH

### August - Green Beans



- Green beans are a good source of fiber and vitamin A.
- Green beans should look fresh with a bright green color. Make sure the beans are plump and firm, with a velvety feel and no signs of decay.
- Toss raw green beans into a salad for an extra crunch.
- Keep washed, cut green beans in the refrigerator for a quick and healthy snack.

### September - Tomatoes



- Tomatoes are an excellent source of vitamins A and C, and rich in lycopene, an antioxidant that reduces the risk of some cancers and heart disease.
- Look for tomatoes that are firm and give slightly under pressure.
- Sample a variety of tomatoes, like cherry, plum, beefsteak or roma, to find your family's favorite.
- California tomatoes are available from May to December.

### Substitutes Needed!

If you are looking for an opportunity to work short hours as a Food and Nutrition Services substitute, please apply on-line through ED-JOIN at [www.egusd.net](http://www.egusd.net)