


Electronic Thursday Folder

Thursday, December 1, 2016

This week's electronic Thursday folder includes the following documents. Please note that documents with an asterisk (*) are only available on-line and were not sent home with the children. Items may be found on the West Hill website under **INFORMATION, NEWS & EVENTS**  **THURSDAY FOLDER** or by clicking on the following icon.



- Rocky Hill Parks & Recreation – Winter 2016-2017
- Holiday House Decorating Contest
- December Lunch Menu – 2 pages





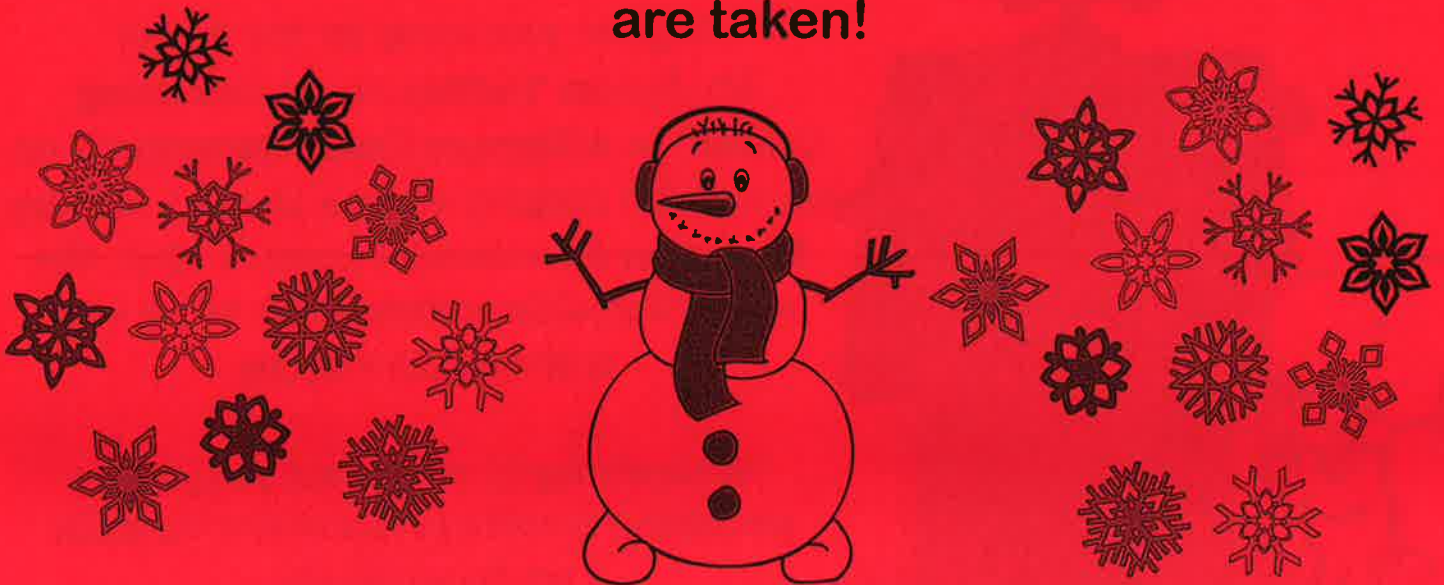
Rocky Hill



Parks & Recreation

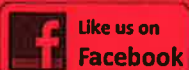
Winter 2016/17

Registration for our winter programs has begun! Find information about Youth Tennis, Healthy Cooking Classes, Instructional Lacrosse, Dance Classes and more on our website. Sign up online or in the Parks & Recreation office. There is a limited number of seats available for each program. Hurry before all the spots are taken!



For more information, please contact the Parks & Recreation Department

(860) 258-2772 www.rockyhillct.gov/parkrec





Holiday House



Decorating Contest

Is your house decorated for the holidays?

Prizes will be awarded for "Best Overall,"
"Most Spirited,"
"Most Creative," and "Brightest."

Register your home for free for our
3rd Annual "Holiday House Decorating
Contest" by 4:30pm on Friday, December 2 on
our website! Judging will take place on Monday
December 5 (inclement weather 12/6). We
ask for lights/decorations to be left on from
5:00-9:00pm that day.

**By registering for this contest you grant us
permission to post a picture of your house on
our Facebook site.*



For more information, please contact the Parks & Recreation Department



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Alternative Selections:
 Fun on the Run Bagel Meal (V)
 Toasted Cheese Sandwich (V)
Salad or Sandwich of the Week:
 Week 1: Chicken Caesar Salad or Hamburger
 Week 2: Taco Salad or Italian Sub
 Week 3: BLT Salad or Tuna Wrap
 Week 4: Chef Salad or Hamburger

Please send checks and lunch money in a sealed envelope with your child's name and ID number, or use MyPaymentsPlus Online to submit payments. NO cash or checks will be accepted during the lunch periods.

Please make all checks payable to:
Rocky Hill School Lunch Program

Crunchy Beef or Chicken Tacos served with Lettuce, Tomatoes, Salsa & Guacamole
 Roasted Garbanzo Beans
 Chilled Diced Pears

Oven Baked Mozzarella Cheese Sticks served with Marinara Sauce a WG Dinner Roll
 Chilled Cucumber Cup & Mandarin Oranges

Fresh & chilled Fruit & Veggie Sides, Flavored Fat Free & Unflavored 1% Milk Offered Daily!

5

Oven Baked Macaroni & Cheese served with a Side Garden Salad & Cinnamon Applecause

6

Freshly Baked Hand Tossed Pizza
 Choice of: Cheese (V)
 Vegetable (V) or Pepperoni Pizza
 Steamed Broccoli
 Petite Banana

7

Early Dismissal
 Oven Baked Chicken Nuggets served with Fluffy Brown Rice a Fresh Celery Cup w/ Dip & Chilled Applesauce

8

Early Dismissal
 Hot Dogs served on a WG Roll with Fresh Baby Carrots & Cinnamon Applesauce

9

Early Dismissal
 Oven Baked Chicken Patty Sandwich served with a Fresh Cucumber Cup
 Chilled Peaches & Potato Smiles

All prepared food items are either baked, steamed, broiled or served fresh! NO FRYING!

12

Brunch for Lunch
 French Toast Sticks served with Maple Syrup
 Yogurt, Diced Pears & Crunchy Tater Tots

13

Pasta with Meat Sauce or Marinara sauce served with Garlic Bread
 Caesar Side Salad & Chilled Peaches

14

Freshly Baked Hand Tossed Pizza
 Choice of: Cheese (V)
 Vegetable (V) or Pepperoni Pizza
 Steamed Broccoli
 Petite Banana

15

Juicy Bacon Cheeseburger on a WG Kaiser Roll paired with
 Oven Baked Potato Wedges
 Fresh Cinnamon Apple Slices

16

Italian Dunkers with Marinara Dipping Sauce a Mixed Veggie Cup & Mandarin Oranges

Lunch Price: \$2.65 Reduced Lunch Price: \$0.40

19

Oven Baked Chicken Tenders with Fluffy Brown Rice a Carrot & Celery Cup
 Cinnamon Applesauce

20

World Flavor of the Day - Greece
 BBQ Chicken Sandwich on a WG Kaiser Roll with a **Homemade Greek Salad** & Pineapple Tidbits

21

Freshly Baked Hand Tossed Pizza
 Choice of: Cheese (V)
 Vegetable (V) or Pepperoni Pizza
 Steamed Broccoli
 Petite Banana

22

Cheesy Beef or Chicken Nachos topped with Lettuce, Tomato, Cheese, Salsa & Sour Cream served with Roasted Garbanzo Beans & Mandarin Oranges

23

Loaded Popcorn Chicken Bowl filled with Mashed Potatoes, Sweet Golden Corn, WG Popcorn Chicken & Gravy paired with a WG Dinner Roll & Chilled Fruit Cup

Menu is Subject to Change

26

Holiday Recess
 December 26th, 2016 to January 2nd, 2017
 NO SCHOOL

27

Happy Holidays
 from the Sodexo Team



(V): Vegetarian, WG: Whole Grain

This institution is an equal opportunity provider.

Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) **Aerobic Activity** – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) **Muscle Strengthening** – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) **Bone Strengthening** – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffsplayground.com

How Do I Know If A Child is Exercising Hard Enough?

Some people exercise every day but wonder why they are not achieving their desired goals. Too often it's because they are not working out at the right intensity level or not exerting enough effort. For most people, aerobic activity should be performed at a moderate-intensity to achieve improved fitness. To help better gauge your child's level of intensity, consider these guidelines from the Center For Disease Control (CDC):

1. As a rule of thumb, on a scale of 0 to 10, where sitting is a 0 and the highest level of activity is a 10, moderate-intensity activity is a 5 or 6. When your son does moderate-intensity activity, his heart will beat faster than normal and he will breathe harder than normal. Vigorous-intensity activity is a level 7 or 8. When your son does vigorous-intensity activity, his heart will beat much faster than normal and he will breathe much harder than normal.
2. Another way to judge intensity is to think about the activity your child is doing and compare it to the average child. What amount of intensity would the average child use? For example, when your daughter walks to school with friends each morning, she's probably doing moderate-intensity aerobic activity. But while she is at school, when she runs, or chases others playing tag during recess, she's probably doing vigorous-intensity activity.

Source: www.cdc.gov/physicalactivity/everyone/guidelines/children.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

BAKED BLUEBERRY & PEACH OATMEAL (SERVES 9)

- 3 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- 1 egg
- 1-1/4 cups fat-free milk
- 1/4 cup canola oil
- 1 tsp. vanilla extract
- 1 can (15 ounces) sliced peaches in juice, drained and chopped
- 1 cup fresh or frozen blueberries
- 1/3 cup chopped walnuts
- Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.
2. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve with additional milk if desired.

NUTRITION FACTS:
277 calories, 11g fat,
263mg sodium, 3g fiber



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Visit www.rockyhillps.com for more information

Click on the Food & Nutrition link to go to the SodexoMyWay.com page
Here you will find monthly school menus, meal assistance information,
wellness newsletters, FAQ, Links to Life-Off's Playground and much more!

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