


Electronic Thursday Folder

Thursday, December 15, 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.



- Lunch Menu for January, 2017 – 2 pages
- McDonald's Night*



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3

Oven Baked Golden Chicken Nuggets paired with Fluffy Brown Rice Chilled Applesauce & Warm Potato Smiles

4

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

5

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

6

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

Salad of the Week: Chicken Caesar Salad, Sandwich of the Week: Hamburger
Fresh & chilled Fruit & Veggie Sides, Flavored Fat Free & Unflavored 1% Milk Offered Daily!

9

Oven Baked Chicken Tenders served with a WG Dinner Roll a Carrot & Celery Veggie Cup & Chilled Applesauce

10

Baked Mac & Cheese with a Side Garden Salad a WG Dinner Roll & Fresh Cinnamon Apple Slices

11

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

12

Popcorn Chicken Bowl filled with Creamy Mashed Potatoes Sweet Golden Corn & WG Popcorn Chicken with a WG Dinner Roll & a Fresh Apple

13

Hot Dogs served on a WG Roll paired with Baked Beans Fresh Baby Carrots & Cinnamon Applesauce

Salad of the Week: Taco Salad, Sandwich of the Week: Italian Sub
All prepared food items are either baked, steamed, broiled or served fresh! NO FRYING!

16

NO SCHOOL
Martin Luther King Day

17

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

18

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

19

Oven Baked Golden Chicken Nuggets paired with Fluffy Brown Rice Chilled Applesauce & Warm Potato Smiles

20

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

Salad of the Week: BLT Salad, Sandwich of the Week: Tuna Wrap
Lunch Price: \$2.65 Reduced Lunch Price: \$0.40

23

Italian Meatball Sub on a WG Sub Roll served with a Mixed Veggie Cup & Chilled Orange Bites

24

Pasta with Meat Sauce or Marinara Sauce with Garlic Bread a Side Garden Salad & a Fruit Cup

25

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

26

World Flavor of the Day - Peru
Cheesy Beef or Chicken Nachos topped with Lettuce, Tomato, Cheese, Salsa & Sour Cream served with **Peruvian Bean Salad** & Mandarin Oranges

27

Early Dismissal
Oven Baked Chicken Patty Sandwich on a WG Kaiser Roll with Fresh Baby Carrots & Chilled Peaches

Salad of the Week: Chef Salad, Sandwich of the Week: Hamburger
Menu is Subject to Change

30

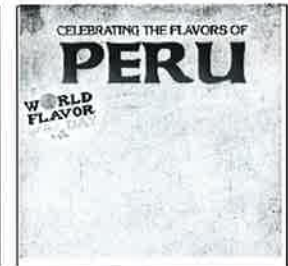
Oven Baked Golden Chicken Tenders served with Fluffy Brown Rice Steamed Green Beans & Chilled Diced Pears

31

Cheesy Ravioli's topped with Marinara Sauce served with a WG Dinner Roll Fresh Cucumber Slices & Cinnamon Applesauce

Daily Alternative Selections:
Fun on the Run Bagel Meal (V)
Toasted Cheese Sandwich (V)
Freshly Made Salad or Sandwich of the Week

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 checks payable to: **Rocky Hill School Lunch Program**



Salad of the Week: Chicken Caesar Salad, Sandwich of the Week: Hamburger
(V): Vegetarian, WG: Whole Grain

This institution is an equal opportunity provider.

Supporting Achievement

Learning is best achieved when children are attentive and ready to learn in the classroom. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to:

5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity, and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to 5 servings of fruits and vegetables daily. In addition, substituting water with flavor infused fruit instead of soda or other sweetened beverages, not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. And finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information, and overall struggle to learn as well as others who get the right amount of sleep each night. It's a pretty simple rule to remember – 5,4,3,2,1 + 8 – help make it part of your family's new year resolution.



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

liffosplayground.com

The Power of Sleep

Today, an overwhelming majority of students are not getting enough sleep. This lack of sleep is a serious problem and can negatively impact learning. Students come to school early, spend hours in the classroom listening and taking tests, then run off to practices and play dates and then come home to be faced with homework or chores. While their day may not sound as stressful as an adults, it's a busy schedule for people their age so adequate sleep is essential to help them prepare to be their best every day. The amount of sleep a child needs varies depending on the individual and certain factors, including the age of the child. Following are some general guidelines:

3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 and 9 p.m. and wake up around 6 and 8 a.m., just as they did when they were younger. At 3, most children are still napping, while at 5, most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after 3 years of age.

7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years.

Not only is the number of hours important, but so is the quality of sleep. Talk to your children about how well they are sleeping. It's an important and simple thing that can be adjusted to help support their overall achievement.

Source: WebMD Feature: "How Much Sleep Do Children Need?"

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 SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
 - 1 ½ T Olive oil
 - Salt and pepper to taste
 - 1 c Yogurt (plain/non-fat)
 - 1 t Garlic (minced)
 - 1 ½ T Lemon juice
 - 1 T Chives (minced)
 - 1 T Parsley (minced)
1. Prepare ingredients as directed.
 2. Preheat oven to 425 degrees.
 3. Drain potatoes and place on paper towel to absorb the water.
 4. Spray baking sheet with oil. Place wedges on baking sheet.
 5. Drizzle the potatoes with the oil and desired salt and pepper.
 6. Mix potatoes so they are evenly coated with the oil.
 7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
 8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.



sodexo



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 Lift-Off's Playground and much more!

sodexo

Please join West Hill School for a very special event...

McDonald's Night

Monday, December 19, 2016 from 5-7 PM

Proceeds from this fundraiser will be used for the acquisition of additional playground equipment for use at recess. Please help us purchase some much needed equipment for use at our school.



Arrive anytime between the hours of **5:00 - 7:00 PM for dinner**. The West Hill PTO will receive up to 20% of all proceeds. Free face painting and balloons!



Balloons & Crafts too!

A special raffle will be held for a McDonald's display case filled with toys!

1992 Silas Deane Hwy, Rocky Hill, CT 06067

In a rush? Don't have time to stop in? Don't worry, the drive-thru counts too!
(Just give your receipt back to the employee at the drive thru and tell them it is for West Hill.)