


Electronic Thursday Folder

Thursday, February 23, 2017

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.



- Leader in Me Family Program – Grades 3-5*
- Student Council Fundraiser for Haiti*
- West Hill School Hockey Night*
- RH Project Graduation-Kiwi Spoon Frozen Yogurt*
- March Lunch Menu – 2 pages



“Leader in Me” Family Program for Students in Grades 3-5 and Their Families”

Based on Sean Covey’s “7 Habits of Happy Kids”

Come take the opportunity to learn more about the “7 Habits” along with your children while engaged in lessons, activities and games that will strengthen interpersonal and leadership skills for all of you!

Please join me for our next family program focusing on Habit 4:
“Think Win-Win, Everyone Can Win”

February 28th, 6:30-7:30 p.m. in the West Hill Library



Please Respond to Merle Cohen by phone 860-258-7761 or via email cohenm@rockyhillps.com or you can fill out the bottom portion and send it in with your child. Hope you can come!

Your Name: _____ Child’s Name _____

Phone Number _____

2/28 Fam. Prog. Mrs. C

Student Council Fundraiser for Haiti



Mardi Gras Beads Sale

Monday & Tuesday, Feb. 27-28

\$1.00 per strand.

Limit 2 strands per student

Get some spirit-get some beads!



West Hill School Hockey Night!

Watch the best hockey the AHL has to offer!



VS



Friday, March 24th

Doors Open @ 6:15pm Game Time @ 7:15pm

Special \$15 Ticket for West Hill School



*Tickets located in Section 112

- The Hartford Wolf Pack are inviting all teachers, students and families to join the Wolf Pack for our Annual West Hill School Night on Friday March 24th
- 10 students will be selected at random to participate in our Benchwarmers experience and watch the Wolf Pack Warmups from their Bench!
- Enjoy our Friday Night \$1 Hot Dog Special!

Please hand in the below form, with your payment, in a sealed envelope labeled "West Hill Hockey Night" no later than Friday, March 17th!

Student Name: _____

Parent Name: _____

Grade: _____ Teacher: _____

E-Mail: _____ Phone: _____

_____ Tickets @ \$15 each = _____

Payment Method CHECK/CASH

*Please make checks out to:
West Hill PTO



Each individual attending must purchase a ticket

**FOR MORE
INFORMATION
CONTACT:**

Leslie Kerz
(860) 614-9018
whhockeygame@gmail.com

Support RH Project Graduation

Please visit:



kiwi Frozen Yogurt **SPOON**



COME SUPPORT: Rocky Hill Project Graduation


WHEN: Sunday, March 12 from 1-5 PM

WHERE: KIWI SPOON FROZEN YOGURT

397 Cromwell Avenue, Rocky Hill, CT

Phone: 860-372-4963

Kiwi Spoon Frozen Yogurt is pleased to host our school's fundraiser at their Rocky Hill location. Involvement in the community and support of our local schools and organizations through fundraisers is their way of showing support and commitment to the community.

 **Mention RH Project Grad** at the time of checkout and 15% of what you purchase will go towards this worthwhile event. Thank you.

Flyer cannot be distributed in the parking lot areas or inside the restaurant at any time. **Valid only for the time and location that is shown above.** Must present this flyer at time of purchase and 15% of the total amount, excluding tax and tip, will be donated to the organization above. Void where prohibited. Cannot be combined with any other offers or coupons.

Thank you for your support as we work hard to provide the members of the Class of 2017 with a safe and memorable graduation night. Your support is greatly appreciated!

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Alternative Selections:

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

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

Crunchy Beef Tacos
or Veggie Tacos (V)
served with Lettuce, Tomatoes,
Salsa & Sour Cream
Roasted Garbanzo Beans
Chilled Diced Pears

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!

6

Oven Baked Chicken Nuggets
served with Warm Potato Smiles
Fluffy Brown Rice
Celery Sticks
& Chilled Applesauce

7

Pasta with Meat Sauce
or Marinara Sauce
served with Garlic Bread
a Side Garden Salad
& Chilled Peaches

8

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

9

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

10

Brunch for Lunch

French Toast Sticks
with or without Sausage
served with Maple Syrup
Yogurt, Diced Pears &
Crunchy Tater Tots

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!

13

Oven Baked Golden Chicken Tenders
served with Creamy Mashed Potatoes
a Fresh Celery Cup
& Cinnamon Applesauce

14

Italian Meatball Sub
topped with Mozzarella Cheese
on a WG Sub Roll
with a Fresh Cucumber Cup
& Mandarin Oranges

15

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

16

Hot Dog
served on a WG Roll
paired with Baked Beans
Crispy Baby Carrots &
Cinnamon Applesauce

17

Happy St. Patrick's Day!

Oven Baked Macaroni & Cheese
served with a WG Dinner Roll
paired with a Side Garden Salad &
Apple Slices

****LUCKY TRAY DAY****

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

20

Oven Baked Chicken Patty Sandwich
or Buffalo Chicken Patty
served on a WG Bun
Fresh Baby Carrots with Dip
& Chilled Diced Pears

21

Cheese Ravioli's
with Fresh Garlic Bread
Chilled Cucumber Cup &
Cinnamon Applesauce

22

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

23

World Flavor of the Day - Honduras

Cheesy Beef Nachos
served with your favorite
Nacho Toppings
Roasted Garbanzo Beans
Honduran Peach Salsa
& a Petite Banana

24

Cheese Stick Dipper
served with Marinara Sauce
paired with a Fresh Veggie Cup
Warm Potato Smiles
& Cinnamon Applesauce

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

27

Oven Baked Golden Chicken Nuggets
served with Black Beans over
Fluffy Brown Rice
Cinnamon Applesauce &
Oven Roasted Green Beans

28

Pasta with Meat Sauce
or Marinara Sauce
served with a WG Dinner Roll
Chilled Peaches &
Garden Side Salad

29

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

30

Hot BBQ Chicken Sandwich
served on WG Roll
paired with Cinnamon Applesauce
Crispy Baby Carrots
& Warm Potato Smiles

31

NO SCHOOL

**PROFESSIONAL
DEVELOPMENT DAY**

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

This institution is an equal opportunity provider.

National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Taking time to sit down together for meals at home may be tough, but it's critically important for creating these lasting food experiences where we are teaching children to pause for a moment and truly enjoy their food. Impulsive eating that leads to over consumption of empty calories is not the path towards a healthy future and can lead to unwanted weight gain. Take time to share food traditions with children and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines for Americans and MyPlate recommendations can help you plan healthy meals for your family. Check out these resources at www.choosemyplate.gov.



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 Story About Fat

Fat is one of three nutrients that contribute calories to our diet. The other two nutrients are carbohydrates and protein. Of the three, fat provides more than double the number of calories per gram, which means many people aim to eat less fat in order to control their weight. Although fat has received a bad rap over the years, fat does have the important function of providing our bodies with calories, it ensures we have insulation, provides two important essential fatty acids (alpha linolenic acid and linoleic acid), which are needed for a variety of body functions, including healthy brain development in children. There are however, some fats that are less favorable for our health. These fats are saturated and trans fats. Both fats can contribute to raising your blood cholesterol, which is not good for your heart.

The Dietary Guidelines for Americans 2010 recommend that Americans:

- Consume less than 10% of calories from saturated fats.
- Replace solid fats with oils when possible.
- Limit foods that contain synthetic sources of *trans* fatty acids (such as hydrogenated oils), and keep total *trans* fatty acid consumption as low as possible.
- Eat fewer than 300 mg of dietary cholesterol per day.
- Reduce intake of calories from solid fats.

Age Group	Total Fat Limits
Children ages 2 to 3	30% to 40% of total calories
Children and adolescents ages 4 to 18	25% to 35% of total calories
Adults, ages 19 and older	20% to 35% of total calories

If you need help learning more about how much fat to include in your diet, consider an appointment with a registered Dietitian (RD). An RD will take into consideration your medical history, blood work, lifestyle and current eating habits before providing you with guidance on what you should be eating to maximize your intake of healthier fats.

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

YUMMIEST POTATO SALAD

- 1 ½ lb Yukon gold potatoes (do not peel)
- 4 Eggs(hardboiled/separated/whites large dice)
- 1 Green bell pepper(medium size/ medium dice)
- 2 Green onions(sliced diagonal)
- 3 T Vinegar(red or white)
- 6 T Salad oil(light)
- Salt and pepper to taste
- 2 T Fresh Parsley(sliced)

1. Prepare ingredients as directed.
2. Boil potatoes in water until tender.
3. Drain potatoes and allow them to cool (may be placed in the refrigerator).
4. In medium bowl add the oil and vinegar.
5. Separate the yolk from the eggs and mash yolk with the oil and vinegar to a smooth consistency.
6. Cut potatoes in large dice and add to yolk mixture. Add green pepper, cooked egg whites, onion, and salt and pepper.
7. Gently fold the ingredients with the yolk mixture. (Note: if too dry-add equal amounts of oil and vinegar to moisten).
8. Garnish with the parsley. Dish can be served at room temperature or cold.



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!

