


# Electronic Thursday Folder

## Thursday, May 3, 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.



- Let's Light Up Rocky Hill
- Art and Literacy Night- Grades K-3
- May Lunch Menu – 2 pages



# Let's Light Up Rocky Hill!!



Light up Rocky Hill with Luminaries  
on *Memorial Day*

Be a part of the celebration of your loved ones by displaying a special votive candle in sand lined bags along Elm Ridge Park - or in your very own neighborhood.

It is recommended that Luminaries be displayed along the outer fence of Elm Ridge Park about 5 feet apart. Or you can display them in your own neighborhood.

Each Luminary Kit costs \$5.00 and includes a LED votive candle, special bag and instructions. Kits will be available at opening day of baseball on April 22<sup>nd</sup>, Outside of Westside Market on Saturday, May 13<sup>th</sup> from noon to 2pm, as well as brought directly to your child's school if ordered prior to May 19<sup>th</sup>.

Light up your luminary on Monday May 29<sup>th</sup> at Dusk

They will shine for the entire night

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To order kits please contact Nicki Holt at 860-716-5216 -or  
complete form and orders can be delivered to your child's school

Student's Name: \_\_\_\_\_

Student's School: \_\_\_\_\_

Student's Teacher: \_\_\_\_\_

Contact Email: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

All proceeds will go to the Rocky Hill Education Foundation to help support the programs throughout the Rocky Hill School System.



*YOU ARE INVITED TO:*

**ART & LITERACY NIGHT**

**AT WEST HILL SCHOOL**

***FEATURING ART WORK AND WRITING***

***BY STUDENTS IN GRADES K-3***

THURSDAY, MAY 4<sup>TH</sup>

JOIN US BETWEEN:

6:00 – 7:30 PM

COME SEE YOUR CHILD'S ART AND WRITTEN WORK  
IN A GALLERY WALK

THROUGH THE HALLS OF THE SCHOOL!

*PTO will be hosting a book fair in the gym!*

*From 5:00 to 7:00*

*Stop in buy one get one free*

*Please note: CHILDREN MUST BE ACCOMPANIED BY AN ADULT*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**1**  
Oven Baked Golden Chicken Tenders served with Creamy Mashed Potatoes, Crispy Baby Carrots & Cinnamon Applesauce

**2**  
Pasta with Meat Sauce or Marinara Sauce (V) served with Fresh Garlic Bread, a Side Garden Salad & Diced Peaches

**3**  
Freshly Baked Hand Tossed Pizza Choice of: Cheese(V), Vegetable (V), Pepperoni or Specialty Pizza with Steamed Broccoli & Petite Banana

**4**  
Oven Baked Mozzarella Cheese Sticks with Marinara Dipping Sauce (V) paired with a Chilled Cucumber Cup & Fresh Orange Bites

**5**  
Cheesy Beef Burrito or Vegetable Burrito (V) with Sour Cream & Salsa served with Roasted Garbanzo Beans & a Fresh Apple

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!

**8**  
Chicken Patty Sandwich or Buffalo Chicken Patty Sandwich served on a WG Roll with Crispy Baby Carrots and Dip & Chilled Peaches

**9**  
Cheesy Ravioli's covered in Marinara Sauce (V) served with Sliced French Bread, Chilled Cucumber Slices & Cinnamon Applesauce

**10**  
Freshly Baked Hand Tossed Pizza Choice of: Cheese(V), Vegetable (V), Pepperoni or Specialty Pizza with Steamed Broccoli & Pineapple Tidbits

**11**  
Popcorn Chicken Bowl filled with Creamy Mashed Potatoes & Sweet Golden Corn with Gravy served with a WG Dinner Roll & Cinnamon Apple Slices

**12**  
Hot Dog on a WG Bun with Smoky Baked beans, Baby Carrots with Dip & a Fresh Fruit Cup

Salad of the Week: Taco Salad, Sandwich of the Week: Italian Sub  
Menu is Subject to Change

**15**  
Oven Baked Golden Chicken Nuggets with Fluffy Brown Rice & Seasoned Black Beans served with Crispy Baby Carrots & Diced Peaches

**16**  
Pasta with Meat Sauce or Marinara Sauce (V) served with a WG Dinner Roll a Side Garden Salad & Cinnamon Applesauce

**17**  
Freshly Baked Hand Tossed Pizza Choice of: Cheese (V),Vegetable (V), Pepperoni or Specialty Pizza Steamed Broccoli & Petite Banana

**18**  
**Brunch for Lunch**  
Mini Maple Pancakes served with or without Sausage, Yogurt, String Cheese, Crispy Tater Tots & Diced Pears or Fruit Juice

**19**  
Fresh Fruit and Cheese Platter (V) served with a variety of Fresh & Chilled Fruits, Graham Crackers, Mozzarella String Cheese & Crispy Baby Carrots

Salad of the Week: BLT Salad, Sandwich of the Week: Tuna Salad Wrap  
All prepared food items are either baked, steamed, broiled or served fresh! NO FRYING!

**22**  
Oven Baked Chicken Tenders served with Fluffy Brown Rice, Fresh Celery Sticks with Dip & Cinnamon Applesauce

**23**  
Pasta with or without Meatballs & Marinara Sauce served with Fresh Garlic Bread a Side Garden Salad, Chilled Cucumber Cup & Diced Peaches

**24**  
Freshly Baked Hand Tossed Pizza Choice of: Cheese (V), Vegetable (V), Pepperoni or Specialty Pizza served with Steamed Broccoli & Pineapple Tidbits

**25**  
Bacon Cheeseburger on a WG Roll with Sweet Golden Corn & Apple Slices

**26**  
BBQ Chicken Sandwich served on a WG Roll with Warm Potato Smiles, Celery Sticks with Dip & Cinnamon Applesauce

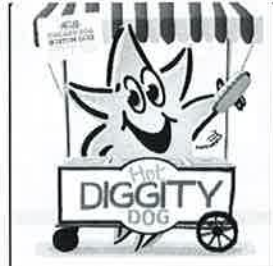
Salad of the Week: Chef Salad, Sandwich of the Week: Hamburger  
Lunch Price: \$2.65 Reduced Lunch Price: \$0.40

**29**  
**No School Memorial Day**

**30**  
Chicken Patty or Buffalo Chicken Patty served on a WG Hamburger Bun paired with Crispy Baby Carrots & Diced Peaches or Fruit Juice

**31**  
Freshly Baked Hand Tossed Pizza Choice of: Cheese (V), Vegetable (V), Pepperoni or Specialty Pizza served with Steamed Broccoli & Petite Banana

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



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

## Celebrate Food Fitness and Fun!

Traditionally, when people try to “get healthier” they simply go on a “diet”. This typically lead to feelings of deprivation and for children, diets can impede healthier growth and development. Restrictive eating without exercise can lead to muscle loss, which only reduces the number of calories you need to sustain your weight and makes you weaker.

Daily, healthy living should be a fun and enjoyable experience. It requires a balance of healthy eating coupled with daily activity. It's not about a restrictive diet and painful exercise. It means learning to fill your plate with a variety of protein-rich foods, fruits and vegetables and moderate portions of grains that are all filled with flavor.

It means finding one or more activities you enjoy and accumulating at least 60 minutes of movement in your daily life. If you don't like to run, don't run. If you like to dance, then dance! To keep exercise fun, create a schedule and rotate activities throughout the days of the week.

For example, maybe you walk on Monday, Wednesday and Friday, dance on Tuesday, ride a stationary bike on Thursday and Saturday and leave Sunday open for whatever you choose to do that day. Achieving fitness does require creating a plan, but it should be a plan that you and your family find enjoyable. When things are fun you tend to return to them day after day.



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](http://liftoffsplayground.com)

### Healthier Versions of Traditional Cinco de Mayo Foods

Cinco de Mayo, or the fifth of May, marks the celebration of the Mexican victory over French forces at the Battle of Puebla on May 5, 1862. This day is frequently celebrated with many delicious traditional foods like tacos, enchiladas, tamales, fajitas and guacamole. These traditional favorites are filled with flavor, but sometimes also contain significant amounts of calories or fat. Fortunately, healthier versions of Cinco de Mayo recipes are easily achievable and they taste great too. At its core, Mexican cuisine is very healthy so begin by sticking to the basic ingredients and try to avoid thick, layered dips and extra cheese. Here are a few additional tips for a healthier Cinco de Mayo:

1. If you are going to enjoy the calorie laden items, reduce your portion sizes.
2. Good news – load up on salsa because it counts as a vegetable. You can also make salsa with fruit.
3. While guacamole is considered to be high in fat, fortunately the type of fat in avocados is healthier than the saturated fats found in some meats and cheese.
4. Consider making your own corn tortilla chips to enjoy with guacamole and salsa.
5. Lighten up tacos and other dishes that require beef by choosing the leanest beef, substituting with 100% turkey or chicken breast meat and/or reducing the volume of meat and adding in some beans instead.
6. Consider reducing the volume of cheese in recipes and/or using a lower-fat version.

A few simple steps can go a long way to enhancing the healthfulness of your celebration. Enjoy!

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

#### CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.



Visit [www.rockyhillps.com](http://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!

