

March 2012



Food News



Looking for Part-time work while your child at School?
How about working for ARAMARK?
Details call Patty at 928-854-5411

Fuel up every morning with your.....

School Breakfast

Breakfast Meal Prices

\$1.10 – Full Price
\$0.30 – Reduced-Price

Don't forget if you receive Free or Reduced-Price Lunch, your child(ren) can also receive Free or Reduced-Price Breakfast.

Re-Fuel every day with your...

School Lunch

Lunch Prices

\$1.95 – Full Pay Elementary
\$2.20 – Full Middle & High School
\$0.40 - Reduced

~ Nutrition and Fun Facts Websites ~

<http://www.letsmove.gov>

<http://www.eatright.org/kids/>

<http://www.healthologyaz.com/>

<http://www.choosemyplate.gov/>

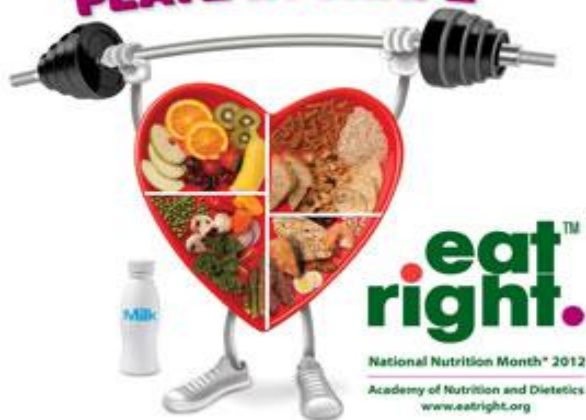
<http://www.nourishinteractive.com/>

<http://www.acefanclub.com/>

<http://www.aramarkschools.com/>

<http://www.superkidsnutrition.com/>

GET YOUR PLATE IN SHAPE



March Recipe provided by <http://familyfun.go.com>

Shamrock Toasties

Easy afterschool Snack

Ingredients

Green pepper
English muffin
Cheddar Cheese



Instructions

1. To make one, slice a green pepper crosswise near the pointed edge to get a small, three-lobed shamrock shape.
(If your pepper has four lobes, you've got a lucky clover instead.)
2. Cut a small slice for a stem.
3. Toast half an English muffin
4. Top it with a slice of Cheddar cheese & the pepper shamrock.
5. Place the muffin on a tray.
6. Broil in toaster oven until cheese is melted.

I	D	V	X	B	E	S	G	U
L	Q	T	N	F	N	Q	N	B
O	L	N	G	P	M	O	T	C
C	E	D	Q	J	P	D	N	E
C	T	P	E	A	R	A	L	L
O	T	L	K	T	V	C	J	E
R	U	I	I	O	D	O	I	R
B	C	B	W	M	K	V	U	Y
C	E	O	I	B	E	A	O	Z

Celery
Lettuce
Kiwi
Pear
Avocado
Lime
Broccoli



Super fruits, high in antioxidants, protect the cells in your body by removing destructive free radicals. These fruits may even help prevent heart disease and cancer.



GRAPES

CRANBERRIES



SPINACH

Provided by <http://www.nourishinteractive.com>

