Tips for a Healthy Snacker!

Snacks can help children get the nutrients needed to grow and maintain a healthy weight. Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older children make their own snacks by keeping healthy foods in the kitchen.

1. Save time by pre-slicing veggies. Slice fruits and veggies on the weekends and store them in containers. They will be ready to grab-and-go during the busy weekdays.
2. Keep an eye on the portion size. Snacks shouldn’t replace a meal, so look for ways to help the children understand how much is enough. Store snack-size containers in the cupboard and use them to control the serving size.
3. Mix it up. Don’t prepare the same snack every day or your child might get tired of it! Switch up the food groups and prepare a variety within each food group.
4. Swap out the sugar. Keep healthier foods on-hand so kids avoid unhealthy options. If children crave sweets, try a nutty trail mix or fruit!
5. Take the snack on the go. Children can carry a small bag of healthy snacks in their backpack or cooler, so they won’t go hungry in between meals!

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**Tips for a Healthy Snacker!**

**Roasted Red Pepper Hummus Box**

Offered daily: Hot

**Breakfast**

- Warm Pancakes with Maple Syrup
- Applesauce Cup

**Lunch**

- Sea Treasures
- Fresh Grape Tomatoes
- Cheesy Potatoes
- Chilled Sliced Peppers

**Sandwich Box:**
- Turkey Deli Sandwiches
- Fresh Grape Tomatoes
- Chilled Broccoli
- Chilled Sliced Peppers

**Chef Salad:**
- Blood Egg
- American
- Lettuce & Spinach Mix
- Breadstick
- Roasted Red Pepper Hummus Box V

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**Breakfast**

- Warm Pancakes with Maple Syrup
- Applesauce Cup

**Lunch**

- Soft Shell Beef Taco
- Fresh Salad Mix
- Refried Beans
- Fresh Banana

**Sandwich Box:**
- Smoked Turkey & Monterey Jack Sandwich
- Fresh Salad Mix
- Fresh Zucchini Slices
- Fresh Lunch Bunch Grapes

**Lunch**

- Beef & Bean Burrito
- Fresh Orange Smiles
- Fresh Zucchini Slices
- Fresh Lunch Bunch Grapes

**Sandwich Box:**
- Turkey & American Sandwich
- Fresh Broccoli Trees
- Fresh Orange Smiles
- Sample: Red, Yellow, and Green Bell Peppers Strips

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**Breakfast**

- Warm Pancakes with Maple Syrup
- Applesauce Cup

**Lunch**

- Country Beef Cutlet on a Bun
- Fresh Sugar Snap Peas
- Chilled Diced Apricots

**Sandwich Box:**
- Smoked Turkey & Monterey Jack Sandwich
- Fresh Grape Tomatoes
- Fresh Sugar Snap Peas
- Chilled Diced Apricots

**Chef Salad:**
- Grilled Chicken Strips,
- Fresh Sugar Snap Peas
- Chilled Diced Apricots
- Cruise Salad

**lunch Prices**

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This institution is an equal opportunity provider.

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This information is available in alternate formats for the visually impaired. Please call 531-299-0230 for further information.

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Visit our website for nutrition information, free/reduced applications and more about our program at http://district.ops.org/. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-8659. School lunch money may be transferred to other accounts, carried over to the next school year or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at www.schoolcafe.com.