Involving Kids in the Kitchen!

One of the best ways to help children develop a healthy relationship with food is by involving them with all aspects of meal preparation. The younger they start helping, the better! Helping with meal preparation can help picky eaters try new foods, gives them a new appreciation for foods on the table, and makes them a well-rounded eater. It takes children time to get the hang of it, but be persistent and patient. Choose several nights each week that you have extra time to have them help. Here are great ways to involve your children:

Cleaning. Let the children wash several of the fruits and vegetables when preparing food for cooking or eating.

Selecting. When shopping, let them select a new fruit or vegetable (or several) that they would like to try.

Preparing. Children can tear the lettuce, break the broccoli off of the stems, or remove the seeds from the bell peppers.

Measuring. Show them how to measure the fruits and vegetables for the recipes. This can be a great math lesson too! They can determine how many 1/4 cups are in 1 cup.

Tasting. Ask them to taste test fruit and vegetable recipes and experiment with herbs and spices. During the summer months, your child can plant seeds. They will learn what it takes to have them help. Here are great ways to involve your children:

Growing. During the summer months, your child can plant seeds. They will learn what it takes to grow the food they eat.
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**Tasting.** Ask them to taste test fruit and vegetable recipes and experiment with herbs and spices.

**Growing.** During the summer months, your child can plant seeds. They will learn what it takes to grow food. They can plant seeds during the fall and bring them inside to grow indoors. Be persistent and patient, allowing the children to get the hang of it.

### Involving Kids in the Kitchen!

#### Cycle 7
- **Monday, September 23:**
  - Breakfast: Cinnamon Glazed French Toast
  - Lunch: Iced Strawberry Cup
  - Dinner: White Milk

#### Cycle 8
- **Tuesday, September 24:**
  - Breakfast: Egg & Cheese Biscuit
  - Lunch: Chilled Diced Peaches
  - Dinner: White Milk

#### Cycle 9
- **Wednesday, September 25:**
  - Breakfast: Cinnamon Pancakes
  - Lunch: Fresh Granny Smith Apple Half
  - Dinner: White Milk

#### Cycle 10
- **Thursday, September 26:**
  - Breakfast: Fluffy Egg Wrap
  - Lunch: Fresh Banana
  - Dinner: White Milk

#### Cycle 1
- **Friday, September 27:**
  - Breakfast: Oatmeal
  - Lunch: Apple Half
  - Dinner: White Milk

#### Vegetarian Day
- **Monday, September 30:**
  - Breakfast: Cinnamon Glazed French Toast
  - Lunch: Apple Juice
  - Dinner: White Milk

#### Extra Lunch Page News
- **Week of Sep 23-27, 2019**
- **Nutrition Facts:**
  - **Serving Size:** 1 Meal per Day
  - **Total Calories:** 978
  - **Protein:** 25.6 g
  - **Fat:** 20.3 g
  - **Carbohydrates:** 47.1 g
  - **Sodium:** 130 mg
  - **Cholesterol:** 0 mg

- **Week of Sep 30-Oct 4, 2019**
- **Nutrition Facts:**
  - **Serving Size:** 1 Lunch per Day
  - **Total Calories:** 673
  - **Protein:** 9.4 g
  - **Fat:** 11.2 g
  - **Carbohydrates:** 42.5 g
  - **Sodium:** 579 mg
  - **Cholesterol:** 17 mg

Visit our website for nutrition information, free/reduced applications and more about our program at [http://district.ops.org/](http://district.ops.org/). Medical statements can be found on our website for students requiring special meals. For more information about special meals, contact our office at 531-299-9859. 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](http://www.schoolcafe.com).
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### Involving Kids in the Kitchen!

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**Monday**  
**September 23**  
NO SCHOOL

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**Tuesday**  
**September 24**  
Lunch  
Macaroni & Cheese  
Shrimp Poppers  
Lean Mean Green Beans  
Chilled Diced Peaches  
White Milk

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**Wednesday**  
**September 25**  
Lunch  
Cheese Breadsticks with  
Pasta Sauce  
Fresh Sugar Snap Peas  
Cinnamon Applesauce  
White Milk

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**Thursday**  
**September 26**  
Lunch  
Soft Shell Beef Taco  
Refried Beans  
Fresh Banana  
Red Velvet Cookie  
White Milk

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**Friday**  
**September 27**  
Lunch  
Country Beef Cutlet  
on a Bun  
Hashbrown Rounds  
Fresh Orange Smiles  
White Milk

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**Monday**  
**September 30**  
Lunch  
Cheeseburger on a Bun  
Western Beans  
Chilled Diced Peaches  
White Milk

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**Tuesday**  
**October 1**  
Lunch  
Cheese Pizza  
Fresh Broccoli Trees  
Chilled Diced Peas  
White Milk

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**Wednesday**  
**October 2**  
Lunch  
Sweet N' Sour Chicken  
Steamed Brown Rice  
Pretty Peas  
Chilled Applesauce  
White Milk

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**Thursday**  
**October 3**  
Lunch  
Ranch Chicken Drummies  
Popped-Up Potatoes  
Breadstick  
Fresh Local Apple Half  
White Milk

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**Friday**  
**October 4**  
Lunch  
Cheese Quesadillas  
Potato Smiles  
Fresh Orange Smiles  
White Milk

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**Week of Sep 23-27, 2019**

<table>
<thead>
<tr>
<th>Lunch Prices</th>
<th>Full Paid Reduced</th>
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<tr>
<td>Elem. $1.45</td>
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<tr>
<td>Sec. $1.75</td>
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</tr>
<tr>
<td>Adult $3.75</td>
<td>.40</td>
</tr>
</tbody>
</table>

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**Teacher Planning Day**

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**Complimentary Breakfast is available for ALL Enrolled Students in All Schools!**

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**Visit our website for nutrition information, free/reduced applications and more about our program at [http://district.ops.org](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 531-299-0859. 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.**