



Tasty Tidbits Food & Fitness for Healthy Kids

Cafeteria Plan

Why should your child buy a school breakfast or lunch? WCSD cafe meals are healthier than ever because of updated nutritional standards. Plus, when your child eats at school the NSLP (National School Lunch Program) qualifies for state and federal reimbursements, which help to fund the meal program at school. . . And, you can cross off "pack meals" from your to-do list!

Go over weekly menus with your child and choose together what he/she may like to have. If you're excited, no doubt your child will be too. If your child doesn't care for a menu item, feel free to contact the Cook-Manager or the Food Service Director to share that information so menus can be better planned to suit your child's taste.

Snack Attack

"I'm Starving!" When your child bursts through the door after school, they're probably hungry. Try these tips for healthy snacks that will give energy for homework or play. Whatever is available is what your child will eat so keep that in mind when shopping. Colorful fruits, vegetables, popcorn and rice cakes are good ideas. By offering choices, kids have a say in what they eat, but will only be choosing from healthy options

School Catering

Affordable food solutions for your convenience. Did you know you can call the school cafe and arrange for a class party for your student? Each building offers catering services that provide a variety of items from fresh fruit platters, veggies & dip, cookies, ice cream and pizza parties! For as little as \$.50 a person the cafe staff will be happy to provide this service to you. One week advance notice and prepayment is required. Give us a call at 518-499-1770

**Stay Healthy!
Wash Your Hands!
Get Some Sunshine!**

Did You Know??

Research shows that students who skip breakfast tend to have a shorter attention span and don't do as well on tests.

Also, eating a good breakfast jump starts your metabolism so you maintain a healthy weight. Not eating breakfast makes your system feel like it's starving so you hold onto extra fat that your body needs for energy.

The Share Shop

The Food Service Team at the Jr-Sr High School has opened a share shop. It's called The Country Cupboard. We are offering at **NO CHARGE** to any student a variety of personal hygiene items as well as an abundance of shelf stable food items. We have everything from soaps, body wash, shampoo, conditioned, razors, shaving cream, deodorant, toothbrushes and toothpaste, toilet paper, laundry detergent, dryer sheets, dish soap, toilet paper, feminine hygiene items, cereals, canned fruits and vegetables, pastas, tomato products, mac & cheese, canned meats (ham, chicken, tuna), protein bars, juice boxes, rice and beans. All items in the Country Cupboard are by donation of staff, parents, other students and community members.

All students may shop here at NO CHARGE!

Donations are gladly accepted- come to the front reception desk and ask for the Food Service Director or Cook-Manager. Monetary donations may be made by check to WCSD Country Cupboard.



Why You Should Eat Fruits Every Day

- Strawberries - fight aging
- Bananas - boost energy
- Grapes - relax blood vessels
- Oranges - protect skin and vision
- Apples - help resist infection
- Watermelon - promotes weight loss
- Blueberries - strengthen your heart

