

ELL-SALINE - GO CARDINALS!

December 2011

Monday

Tuesday

Wednesday

Thursday

Friday

MERRY CHRISTMAS AND A HAPPY NEW YEAR!

PACKING SCHOOL LUNCHES?

If you pack your child's lunch start with the basics. Whole Grain bread, wraps, tortillas or crackers. Add a protein such as deli meats, cheeses, hardboiled egg or nut butters. Next you want some veggie sticks or a salad. Lastly tuck in some fruit, fresh or canned and then a small dessert if your child likes it. Finish off with Milk, it is always available to purchase at school.

Help your kids get their 3-A-Day of Dairy
Caramel Hot Cocoa

1 1/4 cups cold low fat milk
1 T. Caramel syrup
1 T. unsweetened cocoa powder.

Pour milk into a deep micro-safe bowl. Microwave for 1-2 minutes. Stir in caramel syrup and cocoa powder. Mix well. Pour into a mug and serve.

5	CHICKEN NUGGETS Oven Fries Broccoli & Cheese Banana Half Bread Sticks Milk Choice	6	CRISPITO Lettuce & Tomato Refried Beans WG tortilla chips Sliced Peas Milk Choice	7	HOT HAM & CHEESE Tater Tots Carrots & Cucumbers Treasure Salad Milk Choice	8	Pasta W/Meat Sauce Tossed Romaine Salad Diced Peaches Garlic Bread White Frosted Cake Milk Choice	9	COUNTRY BEEF PATTIE Potatoes & Gravy Green Beans Orange Half Roll & Jelly Milk Choice	2	SAUSAGE PIZZA Tossed Salad w/ Romaine Pineapple Chunks Pudding Bread Stick, Milk Choice		
12	CHICKEN WRAP Lettuce & Tomato Seasoned Rice Baby Carrots Red Grape Milk Choice	13	MAC & CHEESE LITTLE SMOKIES Fresh Broccoli Apple Quarters Choc. Chip Bar Cookie, B. Sticks, Milk Choice	14	Tostada Lettuce & Salsa WG Sweet Corn Pineapple Chunks Garlic Bread, Milk	15	CHICKEN & NOODLES Mashed Potatoes Green Beans Diced Peaches Roll & Jelly, Milk choice	16	RIB ON A WHEAT BUN Baked Beans Carrots & Cucumbers Orange Half Milk Choice	19	HAMBURGER ON A WHEAT BUN Lettuce & Tomato Baby Carrots Sun Chips Crisp Apple Quarters Milk Choice	23	WINTER BREAK
26	WINTER BREAK	27	WINTER BREAK	28	WINTER BREAK	29	WINTER BREAK	30	WINTER BREAK	22	NO SCHOOL Teacher Work day		
20	CHRISTMAS DINNER Baked Ham Cheesy Potatoes Sweet Peas Cherry Cloud Roll & Jelly Milk Choice	21	BISCUITS & GRAVY Sausage Patty Tri Tater Fresh Broccoli Orange Slices Milk Choice	22	NO SCHOOL Teacher Work day	23	WINTER BREAK	24	WINTER BREAK	25	WINTER BREAK		

NUTRITION TIPS WHILE HOME FOR THE HOLIDAYS

There's no place like home for the holidays! With winter break approaching, kids will be sharing more of their meals (and holiday treats!) with friends and family at home. During this time away from the school cafeteria, it is important to continue helping your kids make healthy food choices so they are ready to start the New Year on the right foot. Here are some helpful tips to keep your family eating right:

Holiday Sweets in Moderation - From candy canes to gingerbread houses, the season always seems to be dripping with sweets. Check ingredients on nutrition labels and choose foods and beverages low in added sugars and sweeteners. Also, balance out a sweet treat or snack with a healthier option. For instance, serve-up Christmas cookies alongside a tall glass of nutrient-rich fat-free milk to fit in one of the three recommended servings of dairy that your kids should be getting each day.

Avoid Portion Distortion - It is easy to overeat during the holidays since food is typically the centerpiece of celebrations. Remember these simple tricks to help determine one portion:

- Four dice...a portion of cheese or 1-1/2 slices of American Cheese
- A baseball or a woman's fist...a portion of fruit or vegetables
- A rounded handful...a half cup of rice, pasta, chips or pretzels
- A deck of cards or the palm of your hand...a serving of meat, fish or poultry
- A computer mouse ...a small baked potato

Keep portion control top of mind during this busy time of the year; your whole family will benefit by enjoying their favorite holiday foods, without overeating.

Fruits and Veggies Can Be Fun Too! - Your children should not be taking a break from eating 2-5 cups of fruit and veggies each day. Help them make the right choices with fun and festive ways to incorporate produce into their snacks and meals. Use cookie cutters to cut bell peppers, apples or pears into fun seasonal shapes. Instead of chips, have a variety of fruits and vegetables to dunk in their favorite dips, including ranch, hummus and low-fat yogurt. And provide a range of color options like orange carrots, green broccoli florets and red tomatoes, to ensure your kids are getting a wide variety of vitamins and minerals.

Most importantly, involve your kids in the kitchen! Studies show that when you include children in planning, shopping, and preparing meals, they are more likely to accept and enjoy healthy food choices.

Make Family Time Active Time - Don't forget that keeping your kids physically active is just as important as encouraging them to eat well over the holidays. For year-round tips on how you can help encourage healthy lifestyles at home and at school, check out www.LetsMove.gov.



Need a great gift idea?

Our talented Ell-Saline band has created a CD of pep band music just in time for the holidays.

Titles include

- | | |
|-----------------------|---|
| 1. Sweet Caroline | 7. Respect |
| 2. Bad Romance | 8. 867-5309 |
| 3. Evil Ways | 9. Peter Gunn |
| 4. Bad to the Bone | 10. Great Balls of Fire |
| 5. Mission Impossible | 11. Energize |
| 6. Zoot Suit Riot | 12. Boogie Blues (Performed by Slick Six) |

For only \$12 you can support the Ell-Saline Band and have a gift that will be a keepsake to enjoy for years to come.

Order Form

Name _____

Phone Number _____

Number of CD's _____ @ \$12 each.

Total _____

_____ Cash

_____ Check (Made out to Ell- Saline)

Delivery Options

_____ Please send my order home with my child

Name _____

_____ I will pick up my order (After December 5)

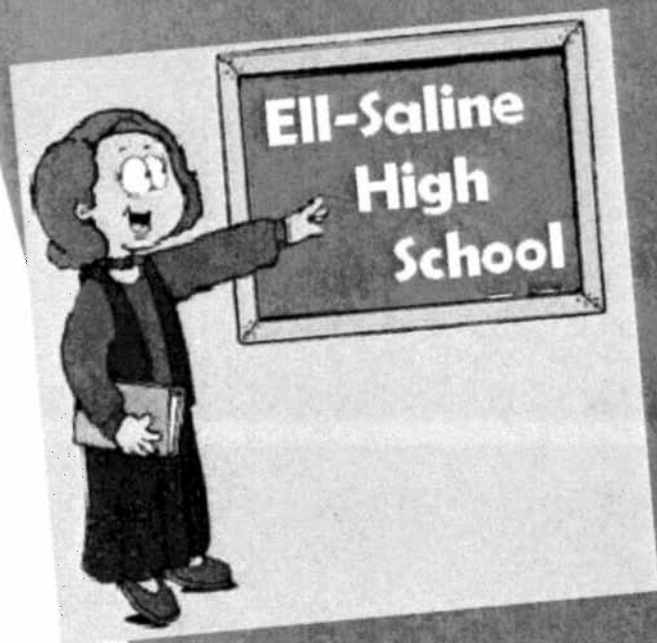
Thank you for supporting our band students. Your kindness and generosity is greatly appreciated.

Delivery will take place on or after December 5

Questions: Contact Darcy Bradley 785-819-4091 or Robyn Parker 785-452-0875

November Staff Member of the Month

Mary Katherine Isaacson



Mary Katherine Isaacson is the Staff Member of the Month. She has taught High School Special Education for 5 years. In the community, she teaches religion classes at St. Elizabeth's Catholic Church. She enjoys growing flowers, playing with her grandchildren, and having family get together. She also enjoys working with the faculty at EII-Saline because they are friendly, cooperative, and have welcomed her from the beginning.



November Student of the Month



Levi Chermak



Levi Chermak is the November Student of the Month. He is the son of Ritchie and Teresa Chermak, and has one sister, Bailey. Levi is a senior, and is

involved in FFA, the Stuco Treasurer, NHS, Big Brothers Big Sisters, Friends of Rachel, and is a member of the Meats, Horse, Dairy and Livestock Judging Team. Outside of school, Levi participates in Relay for Life, 4-H, and is a volunteer for ranch work and Angus and Hereford Tour. He enjoys hunting, fishing, working cattle, and riding horses. In the future, Levi plans to go to Kansas State University and plans to be a part of the veterinary program.



November Student of the Month

Madison Schuman



Madison Schuman is the Middle School Student of the Month. She is the daughter of Shawn Andrews and Rich Schuman, and has two brothers, Zach and Garrett. As a seventh grader, Madison is involved in basketball, volleyball, track, and band. Outside of school, she likes bowling, playing softball, fishing, camping, and riding dirt bikes and four wheelers. Her future plans include getting a softball scholarship and going to Oklahoma to become a lawyer or a doctor.

