

ELL- SALINE

September 2011

Monday

Tuesday

Wednesday

Thursday

Friday



Whether or not your kids participate in organized sports staying active as a family is critical. Encourage activity such as running, playing tag and other outdoor games like Red Rover. Keep those bikes rolling. Fall is a gorgeous time to be outdoors.

5

LABOR DAY!
No School

6 Grill Chicken Wrap
Lettuce & Ranch
Seasoned Rice
Baby Carrots
Apple Quarters
Milk

7 Biscuits & Gravy
Sausage Pattie
Tri Tater
Orange Slices
Milk

8 Meatloaf
Potatoes & Gravy
Sweet Peas
Cherry Cloud
Roll & Jelly
Milk Choice

9 Rib Pattie/Bun
Sun chips
Baked Beans
Apricot Halves
Milk

12 Chicken Nuggets
Oven Fries
Broccoli & Cheese
Cantaloupe
Bread Stick
Milk Choice

13 Beef & Beans Burrito
Lettuce & Salsa
Whole Grain Corn
Apple Sauce
Bread Stick
Milk Choice

14 Corn Dog
Tri Tater
Celery & Cucumbers
Crisp Apple Quarters
Pumpkin Bar
Milk Choice

15 Country Beef Pattie
Potatoes & Gravy
Sweet Peas
Orange Wedge
Roll & Jelly
Milk Choice

16 No School
Teacher In-Service

19 Chicken & Noodles
Mashed Potatoes
Green Beans
Orange Wedges
Roll & Jelly
Milk Choice

20 Sausage Pizza
Spinach Salad
Pineapple Chunks
Van. Pudding
Milk Choice

21 Turkey & Cheese Sub
Lettuce & Tomato
Sweet Potato Fries
Apple Quarters
Milk Choice

22 No School
Conferences

23 No School

26 Hamburger on a
W Wheat Bun
Lettuce & Tomato
Oven Fries
Banana
Milk Choice

27 Tostada
Lettuce & Salsa
Whole Grain Corn
Apple Sauce
Bread Stick
Milk Choice

28 Beef Ravioli
Fresh Broccoli
Diced peaches
Garlic Bread
Ranger Cookie
Milk Choice

29 Chicken Leg
Potatoes & Gravy
Green Beans
Mandarin Orange Fluff
Roll & Jelly
Milk Choice

30 ELL-Saline Pizza
Tossed Salad
Pineapple Chunks
Choc. Pudding
Milk Choice

Breakfast

Check Our Breakfast Menu
Elementary

Daily- Cereal, Juice, Fruit, Milk
Monday-Breakfast Pizza
Tuesday-Cinnamon Roll
Wednesday-Sausage
Pancake on a Stick
Thursday-Cinnamon Roll
Friday-Poptarts
MS/HS

Daily-Cereal, Juice, Fruit, Milk
M/T/Th/F-Cinnamon Roll
Or Poptarts

Wednesday-Breakfast Pizza
or Poptarts

School News

Lunch & Breakfast
For 18 School Days

Elementary-

Breakfast-\$25.20

Lunch - 40.50

MS/HS-

Breakfast-\$27.00

Lunch-\$43.20

Reduced-

Breakfast- \$5.40

Lunch-\$7.20

Adult Lunch Price-\$3.10

EII-Saline USD 307
School Food Service Program
 "Offer" Option for Breakfast

Dear Student:

You have the opportunity to choose only those foods which you intend to eat in the School Breakfast Program. This feature of the School Breakfast Program is designed to give you the opportunity to select the foods that you want to eat and to reduce food waste.

Each day you will be offered a complete breakfast including a serving of:

1. Meat/Meat Alternate and/or
2. Grain/Bread
3. Fruit/Vegetable
4. Milk

A school breakfast provides approximately one-fourth of your daily nutritional needs. You are encouraged to take all food items offered; however, you may decline one food item. The price per meal remains the same whether you select the minimum of three food items or all four. For example, if the menu is:

Orange Juice (Fruit/Vegetable)
 Cold Cereal (Grain/Bread)
 Whole Wheat Toast (Grain/Bread)
 Milk (Milk)

You could take all four food items (juice, cereal, toast and milk) or you could select full portions of three items such as:

Orange Juice Cold Cereal Milk	OR	Orange Juice Whole Wheat Toast Milk
OR		OR
Cold Cereal Whole Wheat Toast Milk	OR	Orange Juice Cold Cereal Whole Wheat Toast

Check the menu daily so you will know which items in the school breakfast you want to eat. Through your careful selection of only those foods you wish to eat, you will be helping to conserve food and money – two valuable resources. Enjoy your breakfast!

This institution is an equal opportunity provider

EII-Saline USD 307
Food Service Program
 "Offer" option for Lunch.

Dear Student:

You have the opportunity to choose only those foods which you intend to eat in the School Lunch Program. This feature of the National School Lunch Program is designed to give you the opportunity to select foods that you want to eat and to reduce food waste. Each day you will be offered a complete lunch including a serving of:

1. Meat/Meat Alternate
2. Fruit
3. Vegetable
4. Grain/Bread
5. Milk

The servings of fruit and vegetables may be a combination of a serving of fruit and a serving of vegetables, or two servings of two different fruits, or two servings of two different vegetables.

A school lunch provides approximately one-third of your daily nutritional needs. You are encouraged to take all the foods offered; however, you may decline up to two (2) items. The price of the meal remains the same whether you select the minimum of three food items or all five. For example, if the menu is:

Hamburger on a Bun (Meat and Bread)
 Tossed Salad (Vegetable)
 Apple (Fruit)
 Milk (Milk)

You could take all five food items (hamburger, bun, tossed salad, apple and milk) or you could select full portions of four items or a combination of a minimum of three items such as:

Hamburger Bun Milk	OR	Hamburger Tossed Salad Milk	OR	Hamburger Bun Apple
OR		OR		OR
Apple Tossed Salad Milk	OR	Bun Tossed Salad Apple	OR	Hamburger Bun Tossed Salad

Other combinations could be chosen. You must select three different items. For example, two hamburger patties would count as only one food item. Check the menu daily so you will know which items in the school lunch you want to eat. Through your careful selection of only those foods you wish to eat, you will be helping to conserve food and money – two valuable resources. Enjoy your lunch!

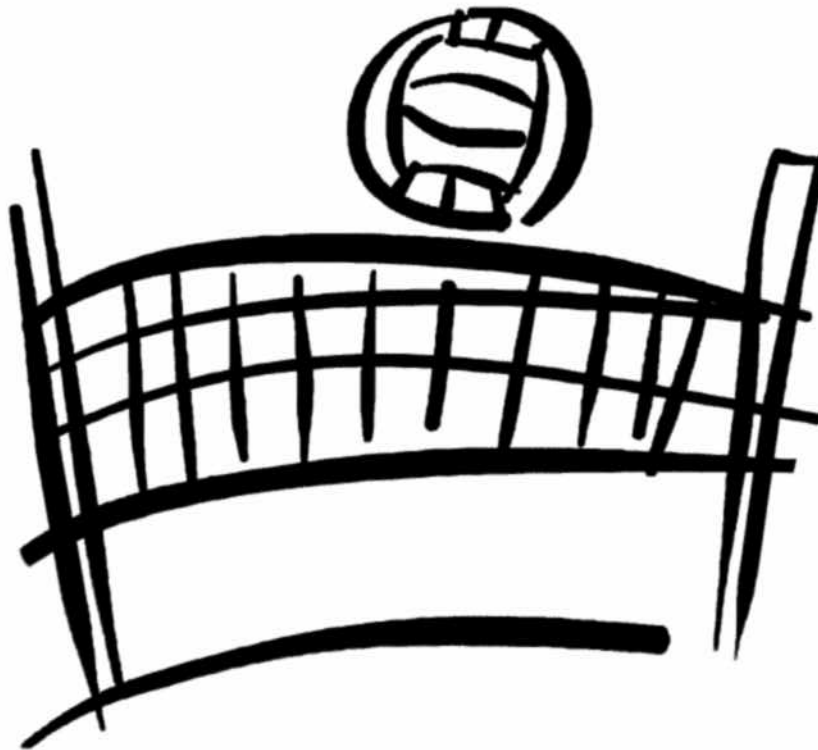
This institution is an equal opportunity provider.

ESHS VOLLEYBALL TEAM EARNS AVCA AWARD

The American Volleyball Coaches Association (AVCA) announced in July that 478 teams from across the country earned the AVCA Team Academic Award for the 2010-2011 season. The Ell-Saline High School Volleyball Team was one of those being honored.

This award, which was initiated in the 1992-93 academic year, honors collegiate and high school volleyball teams that displayed excellence in the classroom during the school year by maintaining at least a 3.30 cumulative team grade point average on a 4.0 scale or a 4.10 cumulative team GPA on a 5.0 scale.

Congratulations to Coach Jensen and the Ell-Saline High School Volleyball Team!
We are proud of you!



September

2011

A

B C

JENNY SMITH COORDINATOR/PARENT EDUCATOR
(785)577-4270

Ell-Saline Parents as Teachers

Winning Ways at Mealtime

At mealtime, your child may assert her independence by refusing certain foods, yet be afraid to try new ones. This can cause frustration for both of you.

It may help to know that this is typical behavior and that as your child has more and more chances to touch, look at, and taste the foods you offer, she will learn to like them. Don't give up and don't give in. If you stop serving new foods, your child won't get the chance to learn to like them. If you make her a

special meal, she'll fill up on the foods she likes and will have no reason to try anything else.

Persistence pays off

Research shows parents may have to offer a food 15 or more times before their child will want to try it.

Yet, most parents give up after a couple of tries. If you pressure your child, she will be more likely to resist. Remember-it is your job to offer a variety of healthy foods at regular times. It is your child's job to decide

what to eat, if anything, and how much to eat.

Avoid serving the same foods too often. This will help

your child avoid a food jag, or the desire to eat the same few foods all the time. If your child turns down the food that you are serving, resist the urge to give her something later when she is hungry. She will learn to eat less preferred foods in order to avoid being hungry later.

Tips for Making Mealtimes Work

- Offer new foods several times a week.
- Offer new foods along with old favorites.
- Serve small portions.
- Serve food on child-size plates and utensils.
- Offer colorful, attractive foods. Arrange them in fun ways.
- Eat as a family as much as possible.
- Offer limited choices. Ask if she wants milk or water, not "What do you want to drink?"
- Provide healthy snacks, but don't allow your child to eat within an hour of the next meal.
- Avoid giving your child food just because she is bored or wants attention.

Birthdays!!!!

- Wyatt Aug 5th
- Asher Aug 17th
- Faith Aug 24th
- Jocelyn Sept 29th



Playgroups

**SMOKY HILL
EDUCATION
SERVICE CENTER/
USD 307**

Phone: 785-577-4270
Alt Phone: 785-825- 9185

jrsmith@smokyhill.org

- Music and Me
- Tumbling
- Story Time @ Elementary School
- Rolling Hills Zoo

Join Parents as Teachers Today!

- PAT is for **all** families in the *Ell-Saline School District* with a child aged birth – 3 years of age.

**[Your Baby Was
Born To Learn.....]**

Fun Fingerplays

Ready for School

Perform the actions that the words suggest.

When I get ready to come to school,
I jump right out of bed,
I wash my face, brush my teeth,
Pull my clothes over my head,
I run down stairs, drink my milk,
And eat my breakfast so slow,
Then I wave good-bye as I walk down the street
I'm so happy (smile) that I can go.

Homes

Easy fingerplay

This is a nest for Mr. Bluebird (*cup both hands*)
This is a hive for Mrs. Bee (*fists together*)
This is a hole for bunny rabbit (*make hole with thumb/finger*)
And this is a house for me (*finger tips together for a roof peak*)

