



FOOD NEWS YOU CAN USE

Bunker Hill Community Unit School District #8



Volume 1, Issue 1

August 2015

Welcome back!

We are so excited to see you all again this year! Big news coming out of the Wolf Ridge Cafeteria.

We will be starting student lunch helpers back up this year! If you are in Second through Eighth grade, and you would like to help in the cafeteria, make sure you sign up. You will get to come down five minutes before everyone else to assist in the serving part of your lunch break. You will get to work side by side with Diane and Susan and you will get to see what they

see each day. So check with your mom and dad to make sure they say it is ok. We have a permission slip for them to sign and return to the cafeteria.

This year we will also be offering a "Celebrity Chef" contest. That's right, a chance for you to be the creator of a lunch that will be served to ALL of your fellow students! How exciting! The entry form, rules and guidelines will be posted in our next issue, so stay tuned.

Finally, ask your parents if they would like to send

their email address to Shelly, so she can help keep them informed when your lunch account becomes negative. Your lunch account is always available to be checked through your Power-School account. If you need your login and password, contact your building's secretary.

Well, we all hope that you are as excited to be back as we are. We can't wait to see you in the lunch room!

Kid Friendly Healthy Snack Recipe

Here is an easy snack recipe from Laughing Cow Dairy.

"Creamy Cheddar Crunch"

Ingredients:

1 wedge The Laughing Cow Creamy White Cheddar Flavor Cheese

1/4 cup dried cranberries

1/4 cup shelled pistachios

4 stalks of Celery washed and cut in half

Preparation

Spread The Laughing Cow cheese onto the middle of the celery stick. Top with cranberries and pistachios. Take a bite. Savor the Flavor. Repeat

as necessary.

Sounds delicious to me! Check out other quick and easy snack recipes at www.thelaughingcow.com

News Parents Can Use

In an effort to comply with State Guidelines, we had to raise our prices for lunch this year. Lunch will cost \$2.40 per meal. Breakfast will stay the same at \$1.50 per meal and just a milk will cost forty cents.

(Please keep in mind that the National School Lunch Program only covers a meal. It does not cover the cost of just a milk.)

Here is a weekly break down for you:

Lunch with milk daily is \$2.40 per week is \$12.50

The reduced meal cost is still \$0.40, for those who qualify for that pricing. A weekly cost would be \$2.00

(Make sure you fill out the program form to see if you qualify for free or reduced meals).

Milk per carton is \$0.40 and will cost \$2.00 per week.

If your student's class has snack milk (grades K-1) the weekly cost is also \$2.00. Lunch milk and snack milk are not the same thing and checks must be written separately. Send your snack milk check directly to your child's teacher in an envelope marked snack milk money.

Please remember to put your child's name on all money. The office has envelopes available for lunch money deposits and a drop box to turn in money at any time.



Use Fresh Fruit for a quick snack.

Healthy Tip

Start your day off with a well balanced breakfast. Fuel you can use.

Ingredients:

Low-Fat Vanilla yogurt

Fresh Strawberries

Fresh Blueberries

Vanilla flavored granola with almonds

How To:

Layer ingredients first four ingredients in a container and top with the granola. Eat it on the go or at the table.

Nutritional Information (% based on 2,000 calorie diet)

Calories 597 kcal 30%

Cholesterol 4 mg 1%

Fiber 9.4 g 38%

Sodium 185 mg 7%

Carbohydrates 94.1 g 30%

Fat 15.6 g 24%

Protein 22.9 g 46%



What do you call an alligator in a vest?

An Investigator

Cafeteria Staff Members

Wolf Ridge Cafeteria Staff:

(618) 585-4831 ext. 223

Diane Rench-Cook

Susan O'Brien-Cashier

High School Cafeteria Staff:

(618) 585-3232 ext. 229

Tammy Orban-Cook

Lisa Rose-Cashier

Shelly Wuellner

Food Service Director

Email:

swuellner@bhschools.org

Office Phone:

(618) 585-3232 ext. 230



Where does your fruit come from?