

JANUARY 2017

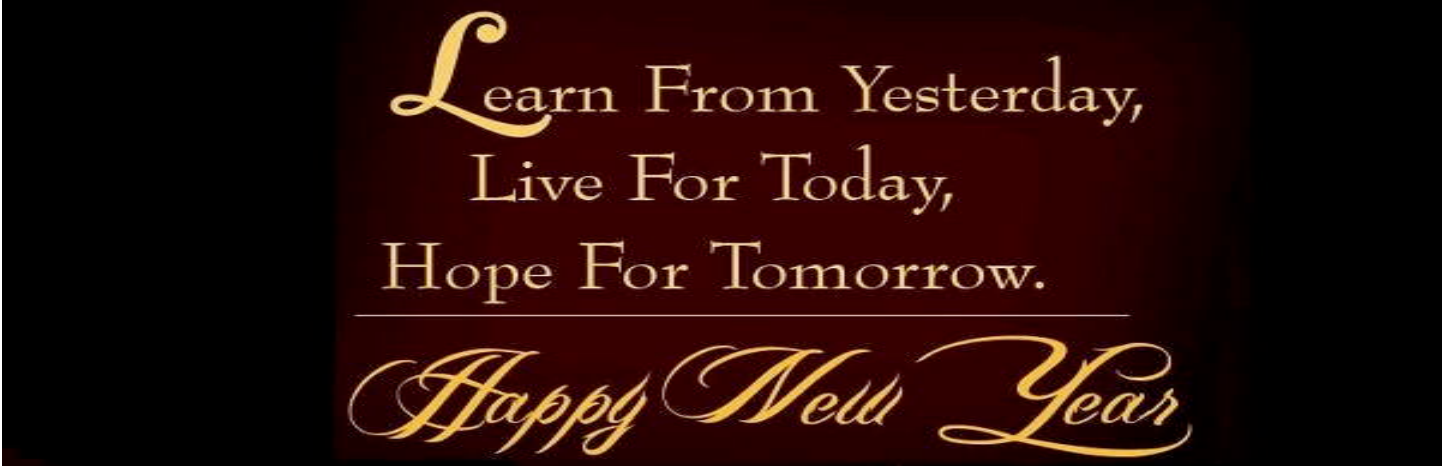
Food Service News

GLENVIEW SCHOOL DISTRICT #3

Wishing all our District 34 families a happy and healthy new year! I hope your holiday was relaxing and filled with memories to cherish with family and friends. Our students have transitioned back into their academic routines. New year comes with new choices and change! Make 2017 your healthiest year yet with these ways to boost your health and well-being:

- Make healthy food choices. Fruits, vegetables, whole grains, fat-free or low-fat milk products, lean meats, poultry, fish, beans, eggs, and nuts and foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- Be active to improve overall health. Use the stairs instead of the elevator. Be active for at least 1 hour a day.
- Get enough sleep. Insufficient sleep is associated with a number of diseases and conditions.
- Make an appointment for a check-up, vaccination, or screening. Regular health exams and tests can help find problems before they start.
- Wash your hands often with soap and water to prevent the spread of infection and illness.
- Protect yourself from injury or disease by wearing a helmet or sunscreen necessary.

Content source: CDC Office of Women's Health



*Learn From Yesterday,
Live For Today,
Hope For Tomorrow.*

Happy New Year

Contact us: www.glenview34.org/foodservice

Specials on Page Two

Attea and Springman Schools

Monday 1-8 - Breaded Mozzarella Cheese Sticks with Marinara Sauce

Friday 1-12 - Taco Max Snax with Salsa and Sour Cream

Friday 1-19 Corn Dog* on a Stick OR Chicken Quesadilla with Salsa and Sour Cream

Monday 1-22 Cinnamon French Toast with Bacon*

Tuesday 1-23 Honey BBQ Rib Patty** or Cheddar Filled Pretzel Bosco Sticks

Friday 1-26 Sausage & Cheese Pizza Puff

Monday 1-29 Pepperoni and Cheese Bosco Sticks

Glen Grove

Friday, 1-12 Warm Ham*** and Cheese Croissant Sandwich

Friday, 1-19 Macaroni and Cheese with Mini Corn Dogs*

Friday, 1-27 Orange Chicken over Brown Rice

Hoffman

Friday, 1-12 - Warm Ham*** and Cheese Croissant Sandwich

Friday, 1-19 – Pepperoni and Cheese Pizza Bosco Stick

Friday, 1-26 - Mini Hot Dogs* on Mini Buns

Pleasant Ridge

Friday, 1-12 Cheddar Filled Pretzel Bosco Sticks

Friday, 1-19 Shrimp Poppers with Cheesy Garlic Bread

Friday, 1-26 Chicken Quesadilla with Corn on the Cob

Henking

Friday, 1-26 Honey BBQ Rib Patty** on a WG Bun with Corn on the Cob

Lyon

Friday, 1-26 Breaded Mozzarella Cheese Sticks with Marinara Sauce

Westbrook

Friday, 1-26 Wild Mikes Cheesy Bites with Marinara Sauce

***Turkey Product**

****Beef Product**

*****Chicken Product**

RF reduced fat

WG whole grain