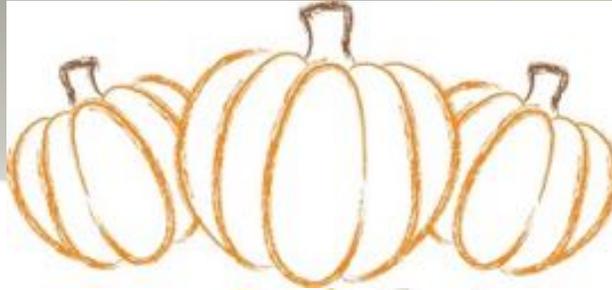


NOVEMBER 2017

# FOOD SERVICE NEWS

Glenview School District #34



## How to be your best at school and home

Ever had one of those days when you feeling a bit tired? Or don't have all the energy you wish you had prior to a test or school project? Chances are, what you did or didn't do at home may be having an effect on how you feel. If you want to always feel your best, be sure to follow a healthy routine and lifestyle. A good example to live by is **9-5-2-1-0**. This simple acronym can help you to always feel your best.

- **9** stands for the number of hours of sleep you should receive each night. To feel fully recharged, you need a good night's sleep. To help achieve this goal, maintain a regular bed time and wake up time. This will help your body to get on a regular sleep cycle. It also helps to avoid caffeinated beverages and keep bedrooms free of electronics.
- Fill half of your plate (**.5**) at each meal with fruits and vegetables. This will help you to maintain your daily advised intake of different vitamins, minerals, and fiber. A healthy diet is important for overall health and a feeling of wellbeing.
- The number **2** tells you the maximum number of hours in each day that should be spent in front of a screen. This includes computers, TV's, tablets, and other electronic devices. In general, when partaking in these activities, your body is sedentary. Limiting screen time to 2 hours will help to ensure that the day is also filled with other activities.
- At least **1** hour of every day should be used to have physical and active play. This can be a game with friends, hiking with family, or playing with pets. Exercise has many health benefits including heart and lung health and maintaining an ideal weight.
- When consuming beverages, try to make water and low fat/fat free milk number one choices. It's best to drink **0** sugary beverages. Drinks which are high in sugar tend to have no nutritional benefit and are high in calories.

Interested in learning more about the **9-5-2-1-0** program and ways you can start the day right and stay healthy?

Visit [www.ehhd.org/95210](http://www.ehhd.org/95210) or [www.healthychildren.org/English/Pages/default.aspx](http://www.healthychildren.org/English/Pages/default.aspx)

The Glenview Food Services Department is looking for energetic people to be our substitute cook (helper/cashier). Do you love children? Want a flexible schedule? Must be dependable, have basic computer knowledge and be ready for a fast paced job. Work during school hours and only when school is in session. Bring a smile and brighten a kid's day by joining our crew!

Apply here: <http://www.generalasp.com/d34/onlineapp/default.aspx?Category=Support+Staff>



### Contact Us

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THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

**Attea and Springman Schools**

NOVEMBER 2017

Friday, 11-3, WG Corn Dog\* on a Stick OR Chicken Quesadilla with salsa

Monday, 11-6, Breaded Mozzarella Cheese Sticks with marinara sauce

Friday 11-10 Sausage and Cheese Pizza puff

Monday, 11-13, Shrimp Poppers with Cheesy Bread

Friday, 11-17- Taco Max Snax

Monday, 11-20, Attea- WG Cinnamon French Toast with Pork Sausage

Springman- WG Cinnamon French Toast Sticks

Monday, 11-27 Wild Mikes Cheese Bites with Marinara Sauce

Tuesday 11-28 , BBQ Rib Patty\*\* on a WG Bun or WG RF Cheddar Filled Pretzel Bosco Sticks

**Glen Grove**

Friday, 11-3 Shrimp Poppers with Cheesy Garlic Bread

Friday, 11-10, WG Mini Corn Dogs with Mac and Cheese

Friday, 11-17, Mandarin Orange Chicken\*\*\* over WG Brown Rice

**Hoffman**

Friday, 11-3 Spicy Chicken\*\*\* Patty on a WG bun

Friday, 11-10, Taco Max Snax with salsa and sour cream OR Yogurt Parfait

Friday, 11-17, Warm Ham\*\*\* and Cheese WG Croissant Sandwich

**Pleasant Ridge**

Friday, 11-3, Mini Hot dogs\*\* on WG Mini Buns

Friday, 11-10, Shrimp Poppers with Cheesy Bread

Friday, 11-17, WG Grilled Cheese Sandwich

**Henking**

Friday 11-10, WG Bosco Pepperoni and Cheese Breadstick, mini corn on the cob and fresh fruit

**Lyon**

Friday 11-10, RF WG Bosco Mozzarella Sticks with Marinara Sauce

**Westbrook**

Friday 11-10, RF Sloppy Joe\*\* on WG Bun with Seasoned Potato wedges

All meals include milk and a variety of fruits and vegetables

- \*Turkey Product \*\*Beef Product \*\*\*Chicken Product RF reduced fat WG whole grain