

Food Service News

Trying New Foods Together

Glenview Schools District 34

Good feelings about trying new foods help lead a lifetime of healthful eating.

Offer a new food first, at the beginning of a meal. Children are more likely to try a new food when they are hungry.

Have your child help to choose a new food as you shop. Kids will be more likely to try new foods if they chose them!

Do a taste test. Talk about the new food, describing the color, texture shape smell and taste. Then have them describe what the new food looks and tastes like to them.

Be sure to try new foods to. Lead by example and be sure to try foods you've never tasted before.

Have them try at least one bite.

Try and Try again. Don't give up on a food the first time. As your child becomes familiar with seeing this new food, they may be willing to try it if it is offered over and over again.

Relax. Just like you, your child does not have to like every food. Everyone has different tastes and food favorites.



Fun Ways to Keep Kids Active through the Winter

- Go for a walk or jog.
- Make a snowman, snow fort or a snow maze on snow days. Snow angels are fun way to get their bodies moving!
- Chase bubbles. If it's cold enough, they will freeze.
- Try a new winter sport like skiing, skating or snowshoeing.
- Go to a playground and play tag.
- Dance around the house. Turn out the lights and use glow sticks for extra fun.
- Read a story that has a reoccurring word. Every time you read that word, the kids have to jump around for a few seconds. Try *The Cat in the Hat!*
- Set up an obstacle course in your house.
- Go bowling or to an indoor ice rink to skate.
- Check out the fun activities and classes at the Glenview Park District:

www.glenviewparks.org

Lunch Specials on Page Two

Visit us at:

www.glenview34.org/foodservices

Contact us at:

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This institution is an equal opportunity employer.

Lunch Specials

Attea and Springman

- Monday, 1/7, Breaded Mozzarella Cheese Sticks with Marinara Sauce
- Friday, 1/11, BBQ Chicken Max Snax
- Monday, 1/14, SPRINGMAN: Shrimp Poppers with Cheesy Garlic Bread
ATTEA: Pepperoni Bosco Sticks
- Friday, 1/18, Corn Dog* on a Stick OR Chicken Quesadilla
- Tuesday, 1/22, BBQ Rib Patty on a Bun OR Chili** with Grilled Cheese Sticks
- Friday, 1-25, Pizza Puffs
- Monday, 1/28, Orange Chicken over Brown Rice

Glen Grove

- Friday, 1/11, Mozzarella Cheese Filled Bosco Sticks with Marinara Sauce
- Friday, 1/18, Orange Chicken over Brown Rice
- Friday, 1/25, Macaroni and Cheese with Mini Corn Dogs*

Henking

- Friday, 1/25, BBQ Rib** Parry on a Bun with Corn on the Cob

Hoffman

- Friday, 1/11, Berry Yogurt Parfait with nut-free Granola
- Friday, 1/18, Taco Max Snax**
- Friday, 1/28, Chicken Quesadilla

Lyon

- Friday, 1/25, Meatloaf** with Mashed Potatoes and Gravy

Pleasant Ridge

- Friday, 1/11, BBQ Rib** Patty on a Bun
- Friday, 1/18, Breaded Mozzarella Cheese Sticks with Marinara Sauce
- Friday, 1/25, Popcorn Chicken with dipping sauce

Westbrook

- Friday, 1/25 Macaroni and Cheese with Mini Corn Dogs*

All meals are served with a variety of fruits and vegetable options and milk.

All buns and bread items are made with whole wheat.

* Turkey Product ** Beef Product