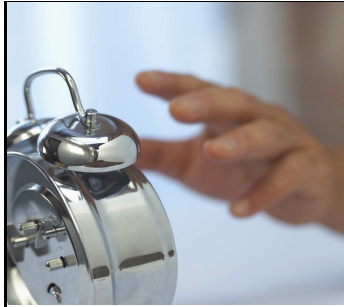




# JANUARY 2012



Due to our constant pursuit of excellence SFE will enhance our menus through students feedback, surveys, parent meetings, recipe development and market trends



## BOZZZZ... TIME TO GET UP!


*Sunnyside Health Bites*

Did you feel like hitting the snooze button this morning rather than getting up for school? You're not alone. Tweens need 10 to 11 hours of sleep a night but with the pressures of school, homework, and afterschool activities many students are not reaching this goal. This leaves students tired and unable to concentrate throughout the day. Aiming to get more sleep is best but what if that is not an option? Make the sleep you get as restful as possible by trying the following ideas:

- Go to sleep and wake at the same time everyday, even on weekends
- Create a relaxing bedtime routine for the hour before you expect to fall asleep. Listening to soothing music is a good choice. Avoid the TV or computer during this time; they make it harder to fall asleep
- Sleep in a room that is dark, quiet, comfortable and cool
- Use your bedroom only for sleep if possible—avoid watching TV, using a computer or doing homework in bed
- Avoid late night snacks-finish eating at least 2-3 hours before your regular bedtime
- Get enough physical activity everyday but finish at least a few hours before bedtime
- Avoid caffeine-drinks like colas and coffee drinks contain caffeine which will prevent sound sleep

These ideas will help you sleep more soundly and wake up refreshed for a day of learning, fun, and friends.

**Sweet Dreams!**

Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
<b>Traditional Cuisine:</b> Chicken Parmesan Sandwich Golden Corn <b>Ballpark Classics:</b> Grilled Ham & Cheese <b>Luigi's Eatery:</b> Hawaiian Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Sausage & Cheese Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Traditional Cuisine:</b> Porkaroni Garden Peas <b>Ballpark Classics:</b> Spicy Chicken Sandwich <b>Luigi's Eatery:</b> Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Ham and Egg Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Traditional Cuisine:</b> Chicken Fried Steak Mashed Potatoes and Gravy <b>Ballpark Classics:</b> Bacon Cheeseburger <b>Luigi's Eatery:</b> Deluxe Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Traditional Cuisine:</b> Orange Chicken Steamed Rice <b>Ballpark Classics:</b> Turkey Melt <b>Luigi's Eatery:</b> Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Traditional Cuisine:</b> Fish Tenders Baked Fries <b>Ballpark Classics:</b> Hot Dog <b>Luigi's Eatery:</b> Pepperoni & Sausage Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Oatmeal Fresh Fruit Selection Assorted Low Sugar Cereal
<b>Monday 16</b> 	<b>Tuesday 17</b> <b>Traditional Cuisine:</b> Chicken Cordon Bleu Sandwich Tater Tots <b>Ballpark Classics:</b> Spicy Chicken Sandwich <b>Luigi's Eatery:</b> Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Ham and Egg Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Wednesday 18</b> <b>Traditional Cuisine:</b> Chicken Burrito Golden Corn <b>Ballpark Classics:</b> Bacon Cheeseburger <b>Luigi's Eatery:</b> Deluxe Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Thursday 19</b> <b>Traditional Cuisine:</b> BBQ Chicken Vegetarian Beans <b>Ballpark Classics:</b> Turkey Melt <b>Luigi's Eatery:</b> Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Friday 20</b> <b>Traditional Cuisine:</b> Pork Quesadilla Refried Beans <b>Ballpark Classics:</b> Hot Dog <b>Luigi's Eatery:</b> Pepperoni & Sausage Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Egg and Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal
<b>Monday 23</b> <b>Traditional Cuisine:</b> Salisbury Steak Mashed Potatoes and Gravy <b>Ballpark Classics:</b> Grilled Ham & Cheese <b>Luigi's Eatery:</b> Hawaiian Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Sausage & Cheese Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Tuesday 24</b> <b>Traditional Cuisine:</b> Rotini w/Pork Sauce Garden Peas <b>Ballpark Classics:</b> Spicy Chicken Sandwich <b>Luigi's Eatery:</b> Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Ham and Egg Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Wednesday 25</b> <b>Traditional Cuisine:</b> Max Mozzarella Stix Cooked Carrots <b>Ballpark Classics:</b> Bacon Cheeseburger <b>Luigi's Eatery:</b> Deluxe Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Thursday 26</b> <b>Traditional Cuisine:</b> Orange Chicken Steamed Rice <b>Ballpark Classics:</b> Turkey Melt <b>Luigi's Eatery:</b> Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Friday 27</b> <b>Traditional Cuisine:</b> Pork Burrito Golden Corn <b>Ballpark Classics:</b> Hot Dog <b>Luigi's Eatery:</b> Pepperoni & Sausage Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Oatmeal Fresh Fruit Selection Assorted Low Sugar Cereal
<b>Monday 30</b> <b>Traditional Cuisine:</b> Chicken Nuggets Baked Fries <b>Ballpark Classics:</b> Grilled Ham & Cheese <b>Luigi's Eatery:</b> Hawaiian Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Cream of Wheat Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Tuesday 31</b> <b>Traditional Cuisine:</b> Corn Dog Golden Corn <b>Ballpark Classics:</b> Spicy Chicken Sandwich <b>Luigi's Eatery:</b> Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk <b>Breakfast</b> Ham and Egg Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <b>Roving Chef:</b> Challenger Apollo Gallego Lauffer             </div> <div style="flex: 1; text-align: center;">  <p>Jan. 12th Jan. 19th Jan. 24th Jan. 26th</p> </div> </div>	<b>Middle School Menu</b>  Meal Prices Paid Lunch \$1.75 Reduced Price Lunch \$0.40 Adult Lunch \$2.50 Paid Breakfast \$1.00 Reduced Price Breakfast \$0.30  Milk \$0.35	

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**Foodservice Director: John Oakley**

**Comments? (520) 545-2073**

**Menu is Subject to change.**

