



Pentucket School Lunch... Feeding the Minds of the Future

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What We Are All About....

We would like to thank all of you who are using the on-line lunch payment system—it continues to be a huge success. We have streamlined the process to make it even easier to make payments. Not on-line yet or have questions? For complete on-line information and payment instructions visit the district's web site www.prsd.org and click "School Lunch."

As always, "thanks" to all those who participated in the lunch program and we look forward to another exciting year in the fall.



The Menus....

We all know we should be eating healthy meals that: emphasize fruits, vegetables, whole grains and fat-free or low-fat dairy products; include lean meats, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, cholesterol, sodium and added sugars. Here are some simple rules to help us achieve this plan. Food is fuel for your body—low quality foods will result in poor body performance. So if we want to perform well and have energy to learn, play & grow, we need to eat high quality foods. Start the day with breakfast—it is the most important meal of the day. Eating breakfast wakes up your mind and body and gets us ready to learn. Eat a variety of fruits & vegetables—each fruit & vegetable offer a different nutritional benefit so keep the selection vast for maximum benefit and choose whole fruits and vegetables over juices which have more nutrients, like fiber. Choose whole grains over refined ones—whole grains have a better nutrient profile. Try using wheat bread instead of white. Add lots of color to your plate—the darker and more colorful the vegetable, the better it is for our bodies. Try using dark green leafy spinach or romaine lettuce (both packed with nutrients) when making salads instead of just iceberg. Choose low-fat milks or water instead of soft drinks & sugary juice cocktail drinks which contain mostly "empty" calories. Enjoy meals and snacks—always sit down when eating meals and snacks. Not only does it help prevent choking, but it reduces subconscious eating which can lead to overeating later in life. And finally, use sweets as occasional treats—desserts are fine but should be saved for special occasions which will make them even more enjoyable. .

Eat Right When Money's Tight....

Free & Reduced Lunch: Your family may qualify for free or reduced priced lunch. **Applications are available on-line at www.prsd.org or at any of the district schools and are accepted throughout the entire school year.** Questions can be directed to the Food Service Department at 978-363-5557.

Massachusetts programs that offer assistance in getting food and other necessities are: Project Bread offers food stamps and other resources to qualified families. For more information, please call 1-800-645-8333 M-F, 8 am to 5 pm or visit the website: www.gettingfoodstamps.org. WIC offers qualified families nutrition education, checks for free healthy food, tips for improving health, referrals for medical & dental care, health insurance, child care, housing, fuel assistance, and other services. For more information, please call 1-800-942-1007 or visit www.mass.gov/wic.



Pentucket School Lunch Program

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www.prsd.org



Good Nutrition promotes better learning.

Closing Comments...

With school coming to an end soon, it's time to start thinking about the Summer - sunshine and the great outdoors! With the longer days comes increased exposure to sun's harmful UV rays. Here are some easy suggestions to help protect yourself from the sun: wear sunscreen that protects against both UVA and UVB radiation, has a SPF of at least 15-30 and contains avobenzone, titanium dioxide or zinc oxide, apply the sunscreen 30-60 minutes before sun exposure and re-apply after a few hours in the sun or swimming. Also wearing a hat and light clothing when in the sun to help reflect the rays.

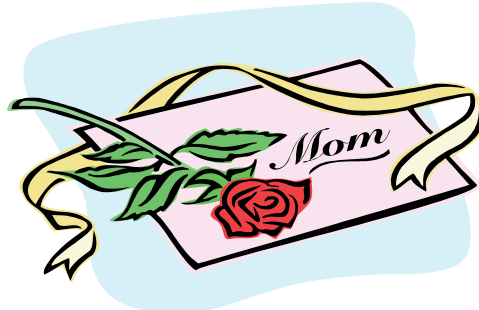
Be Active and Be Healthy!

FROM ALL OF US IN THE FOOD SERVICE DEPARTMENT—

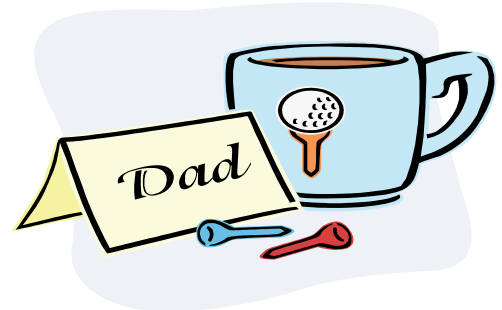
HAVE A HAPPY AND SAFE SUMMER VACATION! ENJOY!

CONGRATULATIONS TO ALL THE GRADUATES!

Things To Celebrate!



Happy Mother's Day



Happy Father's Day



Graduation Celebrations!



Honor Memorial Day!

