Supporting Achievement

Students achieve their best when they are attentive and ready to learn. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5, 4, 3, 2, 1 = 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to: 5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter, is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to consuming 5 servings of fruits and vegetables daily. In addition, substituting water with flavor-infused fruit instead of soda or other sweetened beverages not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. Finally, anything less than 8 hours of sleep can cause children and adults, to be less attentive throughout the day, retain less information and struggle to learn as compared to others who get the proper amount of sleep each night. Remember the 5, 4, 3, 2, 1 = 8 rule to help make student health and achievement part of your family’s routine.

BREAKFAST MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frosted Strawberry Pop-Tart Juice</td>
<td>Apple Cinnamon Muffin Juice</td>
<td>Cinnamon Oatmeal Cereal Bar Juice</td>
<td>Strawberry Cheesecake Cereal Bar Juice</td>
<td>Fried Loops Juice</td>
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<tr>
<td>Apple Cinnamon Muffin Juice</td>
<td>Caco Ultra Breathe Juice</td>
<td>Lucky Charms Juice</td>
<td>Cinnamon Toast Crunch Cereal Bar Juice</td>
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<tr>
<td>Apple Cinnamon Nutmeg Breakfast Bar Juice</td>
<td>Multigrain Frosted Flakes Cereal Juice</td>
<td>Frosted Strawberry Pop-Tart Juice</td>
<td>Cocoa Puffs Cereal Juice</td>
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<tr>
<td>Banana Muffin Juice</td>
<td>Have a Happy New Year!</td>
<td>Have a Happy New Year!</td>
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</tbody>
</table>

Enjoy your Winter Break!

Fresh Pick Recipe

BAKED SWEET POTATO FRIES
WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half, each half cut into 1/2-inch wedges placed in cold water)
- 1 T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain, non-fat)
- 1 T Garlic (minced)
- 1 T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with wedges as a dipping sauce.

We offer whole grain or enriched bread products daily.
We serve a choice of 1% chocolate or 1% white milk and fresh fruit daily.