

April Breakfast 2012

Mon	Tue	Wed	Thu	Fri
Breakfast On A Stick or Cold Cereal or Bagel, Fruit, Milk	French Toast Sticks w/Syrup or Cold Cereal or Bagel, Fruit, Milk	Sausage & Egg Muffin or Cold Cereal or Bagel, Fruit Juice, Milk	Cook's Choice or Cold Cereal or Bagel, Fruit, Milk	Hot Cereal or Cold Cereal, Bagel, Fruit, Milk, Cinnamon Roll

Growing Healthy Students

Toutle Lake School District

April 2012



Feed Your Brain

Did you know your child's brain, and yours, needs certain vitamins and minerals in order to do its best? A person might be under-nourished when it comes to vitamins and minerals, even though they are aren't underweight.

Eating unprocessed foods from every food group of MyPyramid will supply those needed nutrients. In particular, the brain needs iron and zinc. Find iron in meat, poultry, fish, fortified cereals, beans and spinach. Find zinc in meat, beans, whole grains, nuts and fortified cereals.

Loving Your Family

Those MSP tests will be coming to your school soon. Besides eating breakfast, sleep is the next best thing to help your child do his or her best. Sleep helps the body recover, repair, and be ready for the day. The brain needs sleep to function well. Children need nine hours of sleep each night. Less than that can powerfully decrease a child's school performance.¹



To help your child get to sleep, do calm things before bedtime, such as reading. Avoid drinks that have sugar and caffeine, such as colas and chocolate beverages.

¹<http://www.nhlbi.nih.gov/health/public/sleep/starselp/parents/whysleep.htm>

Kids Can Cook!

Bedtime Beverage

Help your kids make a warm beverage an hour or so before bedtime to help them be calm and sleepy.



Mighty Milk

1/2 to 3/4 cup milk, 1% or nonfat
Several drops of vanilla or almond extract (optional)

Heat the milk for 30-60 seconds in microwave in a microwave-safe cup. Add flavoring and stir.

Calming Tea

1 cup water
1 chamomile tea bag
Heat water in microwave in a microwave safe-cup. Put tea bag in cup and let steep for 3-5 minutes. Remove bag. Let tea set until warm, not hot.