



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

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What We Are All About....

Another way the food service department is dedicated to making sure the lunch-time experience is a safe and enjoyable one is by continuous education. By the end of May, all of the Kitchen Managers either are or will have become School Nutrition Association (SNA) Members (in addition to that, the Bagnall Kitchen Manager became SNA Level I Certified).

This demonstrates their dedication to their profession and to the school lunch program here at Pentucket. We take pride in our work and we hope is shows.

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 that we should be eating healthy, but what does that mean? According to the Dietary Guidelines for Americans, good nutrition means a healthy eating plan that: emphasizes fruits, vegetables, whole grains and fat-free or low-fat dairy products; includes lean meats, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, cholesterol, sodium and added sugars. The problem is that for most of us, how much of each food we are supposed to eat is confusing. They recommend "servings" of each food but what is a serving? Here are some helpful hints that are easy to use. A pasta/grain serving is 1/2 cup or a tennis ball cut in half; a meat, poultry or fish serving is 2-3 oz or about the size of a deck of cards; a milk/dairy serving is 1 cup or the size of your fist; a cheese serving is 1 oz or the size of 4 dice stacked on top of each other; and a fruit/vegetable serving is 1/2 cup or half a tennis ball. To find out how many servings you should be eating visit www.MyPyramid.gov.

Did you know 20 years ago a fast food meal consisted of a cheeseburger (333 calories) with 2.4 oz French fries (210 calories) and a 6.5 oz soda (85 calories) for a total of 628 calories. Today that same meal consists of a cheeseburger (590 calories) with 6.9 oz French fries (610 calories) and a 20 oz soda (250 calories) for a total of 1,450 calories. That's 860 more calories or 1.5 hrs of weightlifting plus 35 minutes of gardening and finishing it off with a brisk 1 hour 10 minute walk. WOW! Large restaurant portions are not always a better deal when it comes to your health!

Eat Right When Money's Tight....

Free & Reduced Lunch: Did you know that if you qualify for free or reduced priced lunch you also qualify for a [free bus pass](#)? To find out if your family qualifies submit a current application and authorize us to "share information" with other departments. Applications are available at any of the district schools and are accepted throughout the entire school year. Questions can be directed to the Food Service Dept. at 978-363-5557.

Other Massachusetts programs that offer assistance in getting food and other necessities are: [Project Bread](#) offering 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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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 hours in the sun or swimming. Also wearing a hat and light clothing when in the sun to help reflect the rays.

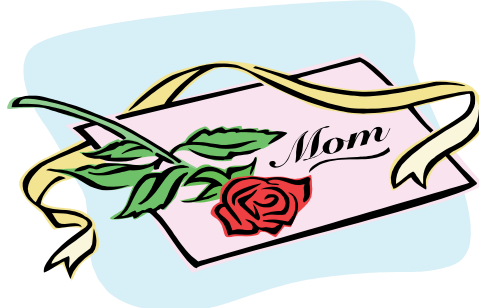
- Be Active and Be Healthy!

FROM ALL OF US IN THE FOOD SERVICE DEPARTMENT—

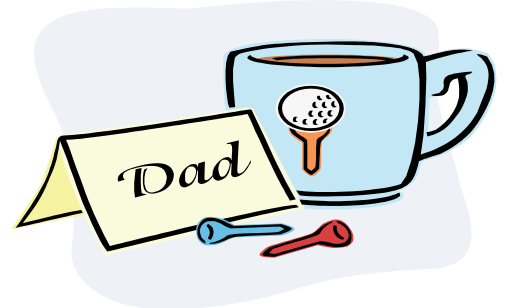
HAVE A HAPPY AND SAFE SUMMER VACATION! ENJOY!

CONGRATULATIONS TO ALL THE GRADUATES!

Things To Celebrate!



Happy Mother's Day



Happy Father's Day



Graduation Celebrations!



Honor Memorial Day!

