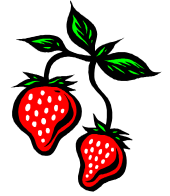


NUTRITIONAL FOOD SERVICE NEWS



Market Basket of the Month

The featured produce for May is the STRAWBERRY. One cup of strawberries has more than 140% of the daily amount of Vitamin C. Eating strawberries can help to fight infections and may boost memory. A link to MBM materials is located on the school district website, www.lasd.k12.pa.us, click on the Departments tab and then select Food Services.

Point of Sale

As the school year begins to draw to a close I would like to remind you of a few things regarding your child's Point of Sale lunch account. If, at the end of the year, your child has money remaining in their account, this money will carry over to next school year. If there is a negative balance in your child's account, please try to pay it off before the last day of school. Report cards will be held for students with a negative balance of \$5.00 or higher. The MyNutriKids online payment system will be locked for the summer starting on June 11, 2012.

For those of you whose students currently receive Free/Reduced Priced meal benefits, those benefits will carry over for the first thirty days of next school year. A new application must be received and approved before the end of the thirty day period in order for benefits to extend beyond that point. Free/Reduced Priced meal applications for the 2012-13 school year will be available after July 1, 2012 online at www.compass.state.pa.us.

Summer ideas for Cooking with Kids

At times it can be a real struggle to convince our kids to try new foods, much less to become regular consumers of new foods. The Kids Cook Monday website, www.thekidscookmonday.org, has ideas for your picky eater. Research shows that children are more likely to eat healthy foods if they have assisted in the preparation of the food. Log on to the site for age appropriate recipes, nutrition games for families, and much more.

Menu Notes

Hard to believe, but this is the last published menu for the 2011-2012 school year. June menus for Maple Avenue Middle School and Littlestown High School will be "Manager's Choice" and will be posted in each buildings cafeteria one day in advance.

**Thank You for a Wonderful School Year
and
Enjoy a Happy, Healthy, Active Summer!**

See you in August!

Eileen M. Bentzen, Food Service Director
162 Newark Street
Littlestown, PA 17340
(717)359-4146 ext. 3241
bentzene@lasd.k12.pa.us

Any checks returned by the bank as NSF (Non-Sufficient Funds) will be assessed an additional \$20.00 processing fee by the District. Any NSF checks that are not paid in a timely manner will be reported to the District Magistrate for collections.