



Trentyn's Tiger Tidbits

Nutrition News for a Healthy You.

HEALTHY TRENDS

Your Child Nutrition Department is excited about the menus for this school year. Based on the criteria from the American Heart Association we are offering more foods that are low in fat, low in sodium, high in fiber, and are considered heart healthy foods. By offering a variety of entrees, fruits, and vegetables to satisfy all appetites there will be something to please everyone. A two week cycle menu is in place with a choice of seven entrees per day during lunch and four entrees for breakfast with both meals including a grab and go meal. Fresh fruits or vegetables will be offered at every meal to encourage students to choose these colorful nutrient dense foods. A variety of milk flavors will also be offered to appeal to various taste. Our goal is to make every meal an enjoyable dining experience.

BREAKFAST AT SCHOOL

School breakfast may very well be one of the most important, strategic tools for helping students improve their health, academic performance, classroom behavior and more. Want your students to be more alert, focused and ready to tackle the day's academic challenges? Encourage them to eat breakfast. Not just on test days, but every day of the year. It's well-documented that breakfast eaters are healthier and more energetic throughout the day.

Breakfast Improves Academic Achievement and Behavior

Eating a nutritious breakfast helps students achieve the classroom goals that are set for them. National studies consistently confirm that breakfast helps students concentrate, think, behave and learn.

Eating breakfast:

1. Improves children's classroom performance, including better test scores and grades
2. Increases children's ability to focus and concentrate on school work
3. Decreases behavior problems, tardiness and visits to the school nurse
4. Increases attendance rates

Just as important, when students routinely start their day with breakfast, they learn habits that carry over to their teen and adult years, and serve them for a lifetime.

Texarkana Independent School District
Beth Carson, RDLD, Child Nutrition Director

Is It a Food Allergy or Intolerance?

What Is a Food Allergy?

A food allergy is an immune system response. It occurs when the body mistakes an ingredient in food -- usually a protein -- as harmful and creates a defense system (antibodies) to fight it. Food allergy symptoms develop when the antibodies are battling the "invading" food. The most common food allergies are peanuts, tree nuts (such as walnuts, pecans and almonds), fish, and shellfish, milk, eggs, soy products, and wheat.

What Is Food Intolerance?

Food intolerance is a digestive system response rather than an immune system response. It occurs when something in a food irritates a person's digestive system or when a person is unable to properly digest or break-down, the food. Intolerance to lactose, which is found in milk and other dairy products, is the most common food intolerance.

What Are the Symptoms of a Food Allergy?

Symptoms of a food allergy can range from mild to severe, and the amount of food necessary to trigger a reaction varies from person to person. Symptoms of a food allergy may include:

Rash or hives-Nausea-Stomach pain-Diarrhea-Itchy skin-Shortness of breath-Chest pain-Swelling of the airways to the lungs-Anaphylaxis

What Are the Symptoms of Food Intolerance?

Symptoms of food intolerance include:

Nausea-Stomach pain-Gas, cramps, or bloating-Vomiting-Heartburn-Diarrhea-Headaches-Irritability or nervousness

To better serve our students with special diet needs, all current dietary orders will need to be renewed for the 2010-2011 school year and each school year thereafter. Dietary request will be valid only for the school year in which they are written and will expire at the end of each school year. Please submit renewal for special diet to your school nurse on a current TISD dietary order form. Dietary order forms are available at <http://www.txkisd.net/>. Click on Child Nutrition on the right side of the page. As with new dietary request, signature from a physician or other medical authority is required.

Stay Fit During Back-to-School Madness

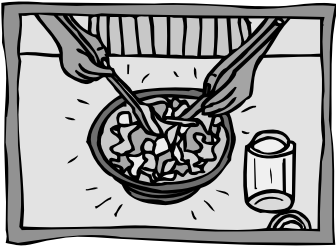


Staying fit and squeezing in exercise during back-to-school chaos may seem impossible. With the shopping for school clothes and supplies, registering at a new school, starting new classes or the blues because you don't want summer to end, exercise may not be at the top of your list. At the same time, it's the perfect opportunity to return to the exercise routine you may have abandoned in favor of outdoor fun. If you find you're putting it off until your schedule calms down, you might be waiting for a long, long time. Instead of waiting for the perfect time to exercise, why not start now? Getting exercise firmly established makes it easier for it to remain a priority for you year-round. Planning and preparation can make the difference between order and complete chaos. Giving exercise that same kind of effort can help you make it happen: Make a weekly calendar of work, family and other responsibilities so you know what's on your plate. Look for times you can squeeze in exercise. Doing shorter workouts throughout the day can be as effective as continuous exercise. You can build muscles and endurance by jumping rope for 5 to 10 minutes, take the stairs instead of the elevator, participate in sports that are offered at school or in your community, or ride your bicycle. Even if you only find 10 minutes here or there, that's 10 minutes you'll be moving instead of sitting.

Make it Mexican

Mexican food is extremely popular with young people today. These quick and healthy versions are good from morning to night.

BREAKFAST BURRITO. Scramble 2 eggs, 1/4 cup fat-free milk, and a diced red pepper in a skillet. (coated with non-stick cooking spray) When set, spoon onto whole wheat tortilla. Top with shredded low fat cheddar cheese and salsa, and roll up. (Make it the night before and microwave)



FIESTA LUNCH SALAD.

Toss together shredded lettuce, diced tomatoes, canned corn, and canned black beans. Add a dressing of 1/4 cup low fat sour cream blended with 1/4 cup guacamole. Sprinkle with baked tortilla chips.

LAYERED ENCHILADA DINNER: Pour canned red enchilada sauce into a 9 x 13 inch casserole, and line with corn or whole wheat tortillas. Top with browned lean ground beef and shredded low fat Monterey jack cheese. Repeat layers. Bake at 400 for 15 minutes. Vegetarian Option: Omit the meat, or substitute refried beans.

S	N	P	C	P	P	R	N	R	Z	J	N	M	Q	S
C	D	A	Y	V	R	K	E	O	D	I	A	B	K	O
I	A	P	B	O	X	Z	U	P	T	R	Q	C	V	E
S	Q	E	N	R	I	L	Q	S	K	E	I	H	S	U
S	O	R	O	T	U	Z	D	E	H	T	B	A	J	X
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M	L	E	H	X	J	R	C	W	U	L	O	E	V	T
V	W	G	A	P	H	B	E	O	K	E	F	S	P	B

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|----------------|----------------|---------------|
| 1. backpack | 6. lunch box | 11. ruler |
| 2. copy paper | 7. markers | 12. sanitizer |
| 3. eraser | 8. notebook | 13. scissors |
| 4. folder | 9. pencil case | 14. tissue |
| 5. glue sticks | 10. pencils | |

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Trentyn's Tiger Tidbits is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.