

# Costello Cardinal Newsletter



Costello Elementary School  
1333 Hamman Drive  
Troy, MI 48065  
(248) 823-3700 (Main Line)  
(248) 823-3701 (Attendance)  
(248) 823-3713 (Fax)  
<http://costello.troy.k12.mi.us/>

Accredited by the North Central Association of Colleges and Schools



**Dr. Tammy DiPonio, Principal**

Dr. Karen Reese and Grayson McKinney Co-Head Teachers  
Jennifer Martus, Principal's Secretary  
Jillian Cavellier, Office Support

## Costello's Mission:

*Costello Elementary is a place where thinking is valued, visible and actively promoted.*

## Feb. 1-15: Box Tops Contest

Feb. 3: Super Bowl 6:30 PM

Feb. 4: Band & Strings Concert—Athens 7PM

Feb. 4: Student Council Meeting 4-5 PM

Feb. 4—8: Pennies Wars (details inside)

Feb. 4—7: Hearing Screening Preschool, Kg.,  
2nd, 4th, Special Ed

Feb. 6: Early Release—1:09 Dismissal

Feb. 6: Growing-up Parent Preview 6:00 PM

Feb. 6 & 27: Cardinal Nesting 12:00-12:30

Feb. 11-15: Principal Appreciation Week ☺

Feb. 11: PTO Mtg 7:00 PM

Feb. 13: Student Council Meeting 4-5 PM

Feb. 13: **Count Day—Please Be PRESENT!**

Feb. 18 & 19: No School Mid Winter Break

Feb. 20: School Resumes—Full Day

Feb. 25 & 26: Science Alive (so Fun!)

\*\*\*\*\***March is Reading Month**\*\*\*\*\*

March 1: Costello Adult Auction

March 16: Costello Family Fun Fair 10:00-2:00

March 21: Costello Conferences

April 10: Kindergarten Round-Up (parents only)

## February 2019 ~ 6th Edition

### Valentine's Day Celebrations

#### Thursday, February 14th

On Valentine's Day, all students will exchange valentines with every student in their classroom.

Although class room-parents may work with the teacher to help coordinate any additional valentine plans, their will not be open-house classroom parties. Please check with your student's teacher for details.



## Time to Purchase Your Auction Tickets !

Friday, March 1 ~ 6:30

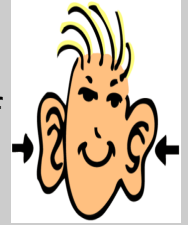
At San Marino Club



### ATTENTION: Pre-Schoolers, Kindergarteners, 2nd, and 4th Graders

February 4, 5 & 7 Oakland County Health Department will provide free hearing screening to all of Costello's pre-schoolers, kindergarteners, 2nd & 4th grade and special education students.

Please send an e-mail to [jcavellier@troy.k12.mi.us](mailto:jcavellier@troy.k12.mi.us) if your student is not part of this group and you would like them to have their hearing tested.



### Get Ready for Daylight Savings Time

Daylight Savings Time gives us the opportunity to enjoy sunny summer evenings by moving our clocks an hour forward in the spring. You will need to "spring ahead" one hour.

◆ **Sunday, March 10th—Move your clocks forward one hour!**

Also, the National Fire Protection Association and the U.S. Consumer Product Safety Commission recommend that consumers change the battery in smoke and carbon monoxide detectors.

### ATTN: Kids who will be 5 by September 1, 2019

All children who will be five by September 1, 2019 should have received information about attending kindergarten. If you have not, please call (248/823.3700) immediately to insure that your child's name is on our kindergarten list.

Please spread the word to all Costello area families with kindergarten-age children.

You can e-mail with questions:  
[jcavellier@troy.k12.mi.us](mailto:jcavellier@troy.k12.mi.us)





### Three Cheers to Costello 5th Graders!!!

Our 5th grade students presented a wonderful vocal concert recently at Athens. Pictured here are some students waiting to sing their solo. Many thanks to the students, their vocal music teacher Mrs. Pyzick and all of the parents for attending!

### *We Love ♥ our Costello Noon Aides, Café Cook and Cashier !!!*

Three Cheers to our Costello Lunch Team!!! We greatly appreciate all of the supervision and guidance that our Noon Aides provide. Thanks to our dedicated Noon Aides, Costello's lunch and lunch recess go smoothly. *Please take the time to say thank you to our wonderful Noon Aides:*

♥Juliana Tascio      ♥Sree Ramya Lanka      ♦Melissa Vrable      ♥Beula Chandrapati  
♥Louise Moody      ♥Michelle Goodhew      ♥Angela Gnyp-Whitemore

And lots of love to our Costello cook, Ms. Gloria and our cashier Puspita Das  
Their care and concern for each and every student is evident every day in every way!

### ***ATTN: Parents of Sick Children***

The Oakland County Health Department states that students should not return to school until they have been fever-free (*without the assistance of medication*) for at least 24 hours.

For example, if your child last had a fever (temperature of 100+) at 3:00 PM on Tuesday, but is fever free (anything under 100) from that point on (without medication), he/she should not return to school until Thursday.

### **~ Square 1 Art ~**

#### **Wonderful Keep-Sakes & Great Gifts**



Parents be on the look-out for Square 1 Art info. Packets will be sent home the week of February 11. This is great project for the kids to work on at home during February's winter break.



### ***Children tend to learn from what their parents do more than from what they say***

Arriving to school on time should be a priority. Students are admitted to the building at 8:55 a.m. and are considered tardy if not in their classroom by 9:09 a.m. **Parents must go to the office and sign their student(s) in if they arrive after 9:09.**



Kudos to ALL Costello  
Box Tops Donors!!!



## KEEP CLIPPING!!! February 1st –15th Box Tops Class Contest!

Bring in Box Tops and see which class gets the most!!!  
Although clipping Box Tops can be a pain, it does pay  
off!!! Thanks to you, and all of your efforts to cut, collect  
and turn-in Box Tops!!!

During our last Box Tops collection, Costello Box Tops  
clippers raised over \$500!!!!

Winning class gets a popsicle party!!!



# WANTED

## Auction Volunteers to help night-of ☺

The Auction Committee is always  
looking for few volunteers to help out  
on the night of the auction.

If you are attending the auction and  
would like to help sell raffle tickets or  
help with other tasks, please contact  
the auction committee at

[auctionchair@costellopto.org](mailto:auctionchair@costellopto.org)

# Adult Auction Fun - March 1st

Biggest Event of the Year is Coming...

**Friday, March 1, 6:30-11pm @ The San Marino Club in Troy!**

**Everyone walks away a winner** from the Costello Night Auction. Yes, there will be plenty  
to bid on (both Silent and Live), but there is so much more.

**Every table** will be decorated with special items to take home from our generous table  
sponsors.

**Joker's Wild raffle** will be held throughout the evening. With the purchase of raffle cards,  
you could win gift cards valued from \$10 to \$100!

All **LIVE & Silent** auction items will be listed on the Costello PTO website later this month.

We are still accepting donations, if you are interested in donating or know someone that  
may be, please contact the auction committee at [auctionchair@costellopto.org](mailto:auctionchair@costellopto.org)

There's still time to order your tickets, go to <http://costellopto.org/10.html> to print your tick-  
et form.

*See you at the auction!*





## Costello Family Fun Fair

**Saturday, March 16th ~10 am - 2 pm**

The fair is a special day for all Costello students, families and friends ~ Everyone is welcome! MANY Volunteers are needed to make the day a success. In addition to parent support, this is also a great opportunity for (responsible) middle school students and high school students to acquire community service hours. More, detailed information is forthcoming, in the meantime, feel free to sign up to volunteer now using the link below!

Your Help is Needed & Appreciated!

<https://www.signupgenius.com/go/8050C45ACAF2DA31-costello>



### Costello Needs Noon Aides

**Would you like to help monitor Costello students during their lunch recess and lunch eating time? You can work as a noon aide two or three days a week from 11:50 until 1:35 (1.75 hrs per day). You will help the students be safe while they are outside on the playground and provide supervision during their eating time in the cafeteria.**

**To apply go to: [Edustaff.org](http://Edustaff.org)**

**E-mail [jcavellier@troy.k12.mi.us](mailto:jcavellier@troy.k12.mi.us) with questions or suggestions.**



### Congratulations to Ananya Giri!!!

Ananya, Miss Botsford's 3rd grade student, has been chosen as a Finalist in this year's Future Chefs Fiesta Fit—Healthy Mexican Culinary Competition.

Ananya will prepare her Mexican dish for the judges to taste at the final competition at Athens on March 6th.



## Costello Elementary Penny War! February 4 -8, 2019

*Sponsored by Costello Student Council*

Put your spare change toward a great cause. Proceeds will go to support purchasing new recess equipment and materials for each classroom.

Containers are located in the cafeteria. Each penny counts as one positive point for **YOUR** grade level

Each silver coin and dollar bill counts as negative points for **OTHER** classrooms. In other words, dropping a quarter in another classroom's bucket takes 25 points from their total.

At the end of the day on February 8th, all change/points will be tallied and the classroom with the most points will win a **trophy!**



◆Blue Pillar: Empower Students to  
Connect to Learning to Their World

Costello's 2nd grade teacher Mrs. Maliepaard, had her class welcome Dr. Machesky and some other community partners into their classroom as they prepared communication to share with families considering moving to Troy Schools vs other area schools. The students truly felt empowered through this authentic and meaningful learning experience.

**EMPOWER STUDENTS  
TO CONNECT  
LEARNING TO  
THEIR WORLD**

**E M P O W E R  
S T U D E N T S**

Through innovative instructional  
design and assessment

- 100% of classes will provide students authentic, innovative, deep learning with
- Creativity
- Critical Thinking
- Citizenship
- Character
- Communication
- Collaboration

*World Class*

**TROY  
SCHOOL DISTRICT**

A Big Thank You to 2nd grader Andrew's dad and to Lily and Jacob Greaves' grandfather; Mr. Nickerson and Mr. Drake (aka Mr. Dan) respectfully. These two gentlemen's willingness to be at Costello bright and early every morning to assist with morning student arrival is priceless! Mr. Nickerson and Mr. Drake help to ensure that students exit their cars without incident. Costello staff, students and parents all greatly appreciate their assistance to help keep morning drop-off running smoothly and safely.



Dear Costello Families,

***A few reminders regarding dismissal . . .***

Our goal is to safely and efficiently dismiss students. Please share this important dismissal information with anyone who may be picking up your child. Thank you for being patient. Dismissing nearly 400 students is a process. One or just two cars out of order can create a major snag in the whole process. When everyone properly follows dismissal procedures, the process moves along much quicker and ensures student safety. Dismissal time is a great opportunity to model patience for your children!

After school dismissal options include:

**BUS RIDERS**

**Afterschool CARE**

**BOYS & GIRLS CLUB**

**and . . .**

**WALKERS & TALKERS (W & T)**

Parking spaces are reserved for W & T parents who are getting out of their vehicles and waiting for their children in the north parking lot. ALL W & T vehicles need to be parked in a lined/painted spot. Double parking, waiting in your car for your child, parking by the dumpster and fence (unless it is a painted spot) creates more chaos, resulting in a slower dismissal. W&T parents need to meet their student outside of the school's north doors and walk with their student either home, or back to their (legally parked) vehicle.

If you are waiting in your vehicle for your child and you are not in the Express Loop, please change your child's dismissal procedure to the Express Loop – and join the Express Loop.

**EXPRESS LOOP**

There is only one Express Loop, located directly in front of the school. Parents stay in their cars, move along the moving loop and pick-up their students in front of the school. Parking in the side lot and waiting in your car for your student is not an option. Express Loop users actually get the right-of-way since the child is not yet in the car. Using the Express Loop is most efficient. You can change your child's dismissal procedure to Express Loop by sending a message to your child's teacher.

If you choose to use the Express Loop, please be sure to stay in your car. Students will enter the vehicle into the back seat on the passenger side.

It is perfectly fine to use the inside of the Express Loop as a through lane.

**REMINDERS...**

- Walkers, for you and your child's safety, PLEASE use the crosswalks.
- Teachers are busy teaching and do not always check their e-mail until the end of the day. Sending a note into the teacher in the morning is a good way to ensure the teacher receives the message.
- Dismissal changes should be made prior to 3:00.

The Troy Police Department partners with our schools to enforce our safety rules. As always, we thank you for cooperation and support to keep Costello students and their families safe.



Please feel free to e-mail [jcavellier@troy.k12.mi.us](mailto:jcavellier@troy.k12.mi.us) with any questions, concerns or suggestions.



## SICK STUDENTS NEED TO STAY HOME

Schools bring children into close physical contact, thus giving communicable diseases an opportunity to spread quickly. When a child has a fever (100+), they may be contagious. Likewise, when a child has a fever, and they don't stay home and rest, they are more likely to prolong their illness and/or get sicker. Oakland County Health Department advises that when a child has a fever (Costello's fever protocol is a temperature of 100 or more) should stay home until they have been fever free (without medication) for 24 hours. When your student has any of the following symptoms, it may be best for them to stay home.

- ◆ Sore Throat    ◆ Pain and stiffness of neck and headache
- ◆ Swelling/tenderness of neck glands    ◆ Persistent Cough
- ◆ Nausea / Vomiting    ◆ Diarrhea and stomach pain



Following the above guidelines will help prevent a child from developing possible complications and will keep the school environment a healthy one.

## Conferences: Thursday, March 21

\*\*\*Parents with multiple children, do not book back-to-back conferences.

Due to Spring conferences, Thursday, March 21st will be a half day. School will be dismissed at 12:59 PM.

Unlike the November conferences, 1<sup>st</sup> – 5<sup>th</sup> grade teachers will **NOT** meet with all parents. Teachers of 1st through 5th grade students will e-mail parents with whom they wish to schedule a conference. If your student's teacher doesn't contact you, and you would like a conference time, please e-mail them and they will accommodate you.

Conferences begin at 1:45 and end at 8:45 PM on March 21.

Please e-mail questions to: [jcavellier@troy.k12.mi.us](mailto:jcavellier@troy.k12.mi.us)



**Costello Students & Staff Thank our Amazing PTO!!!** Following are a few current examples of educational experiences and materials that PTO dollars make possible:

- ◆ 1st grade field trip to Macomb Community Theatre
- ◆ 3rd grade field trip to Troy Historical Museum
- ◆ 4th grade field trip to Lansing
- ◆ Materials and supplies for the classrooms of Mrs. Oliver, Ms. Ferris, Ms. Dagenais, and Mrs. Erff







# Girls on the Run is for **EVERY** girl.

## DO YOU WANT TO



**MEET NEW  
FRIENDS?**



**ACCOMPLISH  
BIG THINGS?**



**HELP OTHERS IN  
YOUR COMMUNITY?**



**HAVE SO  
MUCH FUN?**

**JOIN** *Girls on the Run!*

LEARN MORE AT [www.gotrddetroit.org](http://www.gotrddetroit.org)







# Girls on the Run is for **EVERY** girl.



**Girls on the Run is an afterschool program like no other! Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3 - 5 grade girls through interactive lessons and running activities. The season ends with a noncompetitive 5K event.**

## Why it Matters

**IT'S FUN. IT'S EFFECTIVE.**

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than **40%\***



**97%** of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions\*

\*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

**Registration Opens:**

**Program Starts:**

**When:**

**Program Location:**

**Program Fee:**

**5K Celebration:**

**Financial Assistance is Available**

**Contact:**

| 248-644-9036

**LEARN MORE AND REGISTER TODAY AT [WWW.GOTRDETROIT.ORG](http://WWW.GOTRDETROIT.ORG)**





# ***Elementary School Students Grades 2-3***



## ***Yo' Kids—Yoga For Kids!™ February 25, March 4, 11, 18 6:30—7:00 pm***

***Yoga is fun and makes you feel good!***

Participants will learn techniques which promote relaxation and reduce stress to improve personal performance

- **Breathing techniques to promote relaxation**
- **Basic yoga poses to reduce stress**
- **Mindfulness to focus on one thing at a time**

**Instructor: MaryBeth Halushka, RYT 200**

Parent is expected to attend classes to observe and learn

**Location: Troy School District Service Center Board Room  
4420 Livernois Road, Troy 48098**

**To Register: Email or call Troy Youth Assistance  
\$20 Registration fee required in ADVANCE to hold your spot  
Yoga Mat included**

Class size is limited to 20 participants

**Sponsored by: Troy Youth Assistance**

TroyYouthAssistance@troy.k12.mi.us

248-823-5095

TroyYouthAssistance.org



# ***Elementary School Students Grades 4-5***



## ***Yo' Kids—Yoga For Kids!™ February 25, March 4, 11, 18 7:15—8:00 pm***

***Yoga is fun and makes you feel good!***

Participants will learn techniques which promote relaxation and reduce stress to improve personal performance

- **Breathing techniques to promote relaxation**
- **Basic yoga poses to reduce stress**
- **Mindfulness to focus on one thing at a time**

**Instructor: MaryBeth Halushka, RYT 200**

Parent may observe classes to provide support and encouragement after initial instruction

**Location: Troy School District Service Center Board Room  
4420 Livernois Road, Troy 48098**

**To Register: Email or call Troy Youth Assistance  
\$20 Registration fee required in ADVANCE to hold your spot  
Yoga Mat included**

Class size is limited to 20 participants

**Sponsored by: Troy Youth Assistance**

TroyYouthAssistance@troy.k12.mi.us

248-823-5095

TroyYouthAssistance.org



### MONDAY



### TUESDAY

For announcements and more, follow us on Facebook and Twitter!

@TSDfoodservice

@TSDnutrition

### WEDNESDAY

Lunch Prices  
Student Lunch Price \$2.40  
Reduced Lunch Price \$0.40  
Free & Reduced Applications are available at your school office, or call the Food Service Office @248-823-5089  
A La Carte Prices:  
Milk - \$.35/Juice - \$.50

### THURSDAY

### FRIDAY

1. Pancakes with Turkey Sausage
2. Pulled Pork Sandwich
3. Taco Salad with Tortilla Chips

Hash Brown Patty  
Broccoli, Cucumber, Applesauce, Grapes, Oranges

Select one main item each day, then choose from the side items offered.

1. Baked Chicken Drumstick with Dinner Roll
2. Grilled Cheese Sandwich
3. Taco Salad with Tortilla Chips

Baked Beans  
Baby Carrots, Broccoli, Pineapple, Oranges, Apple

1. Cheeseburger
2. Hamburger
3. Veggie Burger
4. Cheesy Breadsticks with Dipping Sauce
5. Crispy Chicken Salad with Breadstick

Steamed Broccoli  
Baby Carrots, Celery Sticks, Pears, Oranges, Apple Slices

Early Release Day

No Lunch

1. Beef and Cheese Nachos
2. Bean and Cheese Nachos
3. Fruit Muffin and Yogurt Cup
4. Peppi Pizza Salad with Dinner Roll

Refried Beans  
Baby Carrots, Cucumber, Apple, Mandarin Oranges, Pears

1. French Toast Sticks with Turkey Sausage Patty
2. Ham and Cheese Sandwich
3. Garden Salad with Breadstick

Tater Tots, Baby Carrots, Celery Sticks, Grapes, Oranges, Apple

Skim white milk, 1% white milk, and fat free chocolate milk are available daily.

1. Chicken Tenders with Biscuit
2. Soybuter and Jelly Sandwich
3. Crispy Chicken Salad with Biscuit

Smiley Fries,  
Baby Carrots, Broccoli, Apple Slices, Peaches

1. Garlic Cheese Flatbread
2. Italian Sandwich
3. Chef Salad with Breadstick

Green Beans  
Baby Carrots, Celery Sticks  
Apple, Pineapple, Grapes

1. Cheese Pizza
2. Pepperoni Pizza
3. Soybuter and Jelly Sandwich
4. Fajita Salad with Tortilla Chips

Salad Leafy Greens, Baby Carrots, Chickpea Salad, Mixed Fruit, Apple Slices, Bananas

*Happy Valentine's Day!*

1. Walking Tacos with Beef or Beans
2. Turkey and Cheese Sandwich
3. Mini Mouse Salad with Dinner Roll

Refried Beans, Baby Carrots, Celery Sticks, Peaches, Apple, Grapes

1. Cheese Stromboli
2. Mini Corn Dogs
3. Garden Salad with Breadstick

Steamed Broccoli, Baby Carrots, cucumber, pears, apple slices, orange smiles

Each meal has five components. To receive the meal price students must take three of five components and one must be a fruit or a vegetable.

18

Mid-Winter Recess

19

Mid-Winter Recess

1. Cheese Pizza
2. Pepperoni Pizza
3. Soy Buter and Jelly Sandwich
4. Crispy Chicken Salad with Breadstick

Salad Leafy Greens, Baby Carrots, Celery Sticks, Apple, Pineapple, Bananas

1. Beef and Cheese Nachos
2. Bean and Cheese Nachos
3. Italian Sandwich
4. Chef Salad with Breadstick

Refried Beans  
Baby Carrots, Celery Sticks, Apple Slices, Mixed Fruit, Oranges

1. Waffles and Turkey Sausage
2. Hot Dog
3. Taco Salad with Tortilla Chips

Hash Brown Patty,  
Broccoli, Celery Sticks, Applesauce, Grapes, Oranges

25

1. Popcorn Chicken with Dinner Roll
2. Soybuter and Jelly Sandwich
3. Antipasto Salad with Breadstick

Mashed Potatoes with Gravy  
Baby Carrots, Broccoli, Pineapple, Oranges, Apple

26

1. Spaghetti and Meatballs
2. Spaghetti and Marinara with Cheese
3. Mini Corn Dogs
4. Peppi Pizza Salad with Breadstick

Green Beans, Baby Carrots, Celery Sticks, Grapes, Peaches, Apple Slices

27

Early Release Day

No Lunch

1. Soft Beef and Cheese Tacos
2. Soft Bean and Cheese Tacos
3. Turkey and Cheese Sandwich
4. Crispy Chicken Salad with Roll

Refried Beans  
Baby Carrots, Cucumber, Mandarin Oranges, Apple Slices, Grapes

1. Mac and Cheese with Dinner Roll
2. French Toast Sticks with Turkey Sausage
3. Classic Chef Salad with Dinner Roll

Steamed Broccoli  
Baby Carrots, Celery Sticks, Mixed Fruit, Apple, Oranges



## Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables.** Combined, these should cover half your plate at meals.
- **Grains.** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy.** Choose low-fat or fat-free dairy foods most often.

- **Protein.** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

As part of a healthy diet it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important after eating any kind of food that you brush your teeth. At a minimum you should brush your teeth morning and night and be sure to see a dentist every 6 months.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffspayground.com

## How Much Sugar is OK?

Sugar is often referred to as **naturally-occurring** or **added**. On food labels, both kinds of sugar are included in "sugars" listed on the Nutrition Facts panel.

**Naturally-occurring** sugars are found in many foods automatically because mother-nature put them there. For example, dairy products, such as yogurt, milk and fruit contain naturally-occurring sugars. Lactose is the sugar in milk and yogurt and fructose is the sugar in fruit. While these foods contain sugar, these sugars are not the ones causing the greatest concern in the American diet. Instead, excessive intake of **added sugars** is the concern.

Some foods have sugar added to them. The consumption of too much added sugar has been linked to obesity and hyperglycemia (high blood sugar). It is recommended that we consume no more than 10% of our calories from sugars. For your daily diet that translates to no more than 6 to 8 teaspoons of sugar per day. To put that in perspective, some sugar-flavored beverages alone can contain as much as 8 to 12 teaspoons of sugar. That 6 to 8 teaspoon daily limit translates to about 24 to 32 grams of sugar daily. Check out how many grams you eat by reading the Nutrition Facts panel on your favorite foods and beverages.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

## Fresh Pick Recipe

### STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 c Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.



**So Happy**

Sodexo's menu app with nutrition and allergen information!

We are excited to announce our new nutrition app, So Happy!

Download today from the app store or google play by searching for So Happy by Sodexo, or scanning either of the images to the right.

The app will allow you to see the daily menu as well as the nutrition and allergy information for each item served. We are "So Happy" to bring this information right to your fingertips!



GET IT ON  
Google Play

Scan to download the So Happy app from the Google Play Store.



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App Store

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