

Lettuce World  
Lanar "Red Leaf"  
Lettuce x 02



# FEBRUARY 2018

MON TUE WED THUR FRI

Lettuce see  
what's cooking  
this month!



GOOD  
Eats at:

ALGOMA SCHOOL  
DISTRICT

214  
Valentine's Day

<p>Chicken Alfredo w/a Twist Vegetable Fruit</p> <p>5 </p>	<p>Hot Dog on Bun Vegetable Fruit</p> <p>6 </p>	<p>Sweet/Sour Chicken Rice Vegetable Fruit</p> <p>7 </p>	<p>Mini Corn Dogs Potatoes Vegetable Fruit</p> <p>1</p>	<p>Chicken Patty Vegetable Fruit</p> <p>2 </p>
<p>Meatballs Mashed Potatoes Vegetable Fruit</p> <p>12 </p>	<p>Tacos Refried Bean Fruit</p> <p>13 </p>	<p>Grill Cheese Tomato Soup Vegetable Fruit</p> <p>14 </p>	<p>Cold Cut Sub Vegetable Fruit</p> <p>8</p>	<p>Pizza Vegetable Fruit</p> <p>9 </p>
<p>Mini Corn Dogs Potatoes Vegetable Fruit</p> <p>19</p>	<p>Teriyaki Chicken Rice Vegetable Fruit</p> <p>20 </p>	<p>Chili Bread Fruit</p> <p>21</p>	<p>Chicken Nuggets Mac &amp; Cheese Vegetable Fruit</p> <p>22</p>	<p>Spaghetti Vegetable Fruit</p> <p>23</p>
<p>NO SCHOOL</p> <p>26</p>	<p>Chicago Deep Dish Pasta Vegetable Fruit</p> <p>27 </p>	<p>BBQ Pork Vegetable Fruit</p> <p>28</p>	<p>Menu subject to change dependent on availability. This institution is an equal opportunity provider.</p>	



FUN FACTS  
on back!

This product was funded by USDA. This institution is an equal opportunity provider.

SPECIAL  
ANNOUNCEMENTS  
→ Garden Bar/Side  
→ Salad served everyday  
→ Student Favorite  
→ Gluten Free  
→ Brand New!



## Red Leaf LETTUCE

I'm Lomar lettuce and I am in the Red Leaf circle. As my name suggests, I have large, open leaves and my color is a reddish-purple. The most popular lettuce varieties grow in tight balls called "heads." Some of my cousins grow in water, that's called hydroponics. My close lettuce relatives include romaine, green and butter. We are harvested by cutting the short stem underneath our leafy mass. We are fat-free and offer more nutrients than green lettuce, like more of vitamins A and K. I also add flavor, texture and nutrition to many different recipes.



## Salad TIME

One of the world's most popular salad vegetables, lettuce comes in many shapes, sizes and colors. It is usually served cold and fresh although some cultures will cook or steam lettuce.

## FUN FACT

Did you know lettuce is a member of the sunflower family?

## JOKE OF THE MONTH

Knock Knock!

Who's there?

Lettuce.

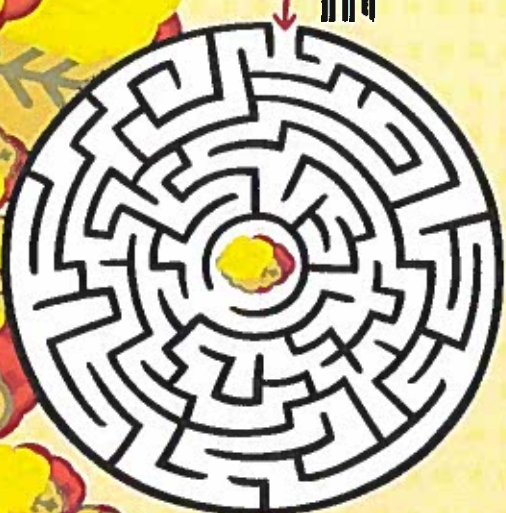
Lettuce who?

Lettuce in, we're freezing.



## MAZE

Find your way to the red leaf lettuce



### INGREDIENTS

- 1 apple (such as Fuji or Pink Lady Washington) • 1 can 12-oz chunk light tuna (drained) • 2 tablespoons low-fat plain yogurt • 2 tablespoons reduced-fat mayonnaise • ½ cup raisins (or chopped figs) • ¼ cup chopped walnuts • ⅛ teaspoon ground black pepper • 2 tablespoons chopped fresh parsley (optional) • ½ teaspoon curry powder (optional) • 8 leaves lettuce (Bibb, Romaine, green, or red leaf) • 8 slices whole-grain bread

### PREPARATION

1. Cut apple in quarters; remove core and chop. **2.** In a medium-sized bowl, mix all salad ingredients, except tuna. **3.** Gently fold in tuna. **4.** Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

Recipes courtesy of [www.wholecooking.itns.usda.gov](http://www.wholecooking.itns.usda.gov)

## TUNA APPLE SALAD SANDWICH



Monday	Tuesday	Wednesday	Thursday	Friday
			French Toast Stick <b>1</b> Or Cereal  Fruit, Juice, Milk	Egg Muffins <b>2</b> Or Cereal Fruit, Juice, Milk
Egg Patty <b>5</b> Hashbrowns Or Cereal Fruit, Juice, Milk	Pancakes <b>6</b> Or Cereal Fruit, Juice, Milk	Cherry Frudel <b>7</b> Or Cereal Fruit, Juice, Milk	French Toast Stick <b>8</b> Or Cereal  Fruit, Juice, Milk	Egg Muffins <b>9</b> Or Cereal Fruit, Juice, Milk
Egg Patty <b>12</b> Hashbrowns Or Cereal Fruit, Juice, Milk	Pancakes <b>13</b> Or Cereal Fruit, Juice, Milk	Smoothie <b>14</b> Or Cereal  Fruit, Juice, Milk	French Toast Stick <b>15</b> Or Cereal  Fruit, Juice, Milk	Egg Muffins <b>16</b> Or Cereal Fruit, Juice, Milk
Egg Patty <b>19</b> Hashbrowns Or Cereal Fruit, Juice, Milk	Pancakes <b>20</b> Or Cereal Fruit, Juice, Milk	Scramble Eggs <b>21</b> Sausage Or Cereal Fruit, Juice, Milk	French Toast Stick <b>22</b> Or Cereal  Fruit, Juice, Milk	Egg Muffins <b>23</b> Or Cereal Fruit, Juice, Milk
<b>26</b> NO SCHOOL	Pancakes <b>27</b> Or Cereal Fruit, Juice, Milk	Muffin <b>28</b> Or Cereal Fruit, Juice, Milk		

Menu subject to change dependent on availability. This institution is an equal opportunity provider.





## ALGOMA GIRLS LITTLE LEAGUE

It is time to start thinking about warmer weather and softball! Girls Little League softball is just around the corner. We would like to have sign up and a short organizational meeting!

**When:** Monday February 26<sup>th</sup> @ 6:00 PM

**Where:** Algoma High School Little Theater

**Who:** Girls Entering 1<sup>st</sup> Grade Thru 9<sup>th</sup> Grade

### PLEASE BRING:

- Registration Form/Insurance Waiver
- 1 check made out to Algoma Park and Rec for \$10 for their park fee
- 2 Checks made out to Algoma Girls Little League
  - ✓ \$40 player fee for girls entering grades 4<sup>th</sup>-9<sup>th</sup> OR \$20 for girls entering grades 1<sup>st</sup>-3<sup>rd</sup>
  - ✓ A Separate Check for \$25
    - This is a uniform fee and will be returned to you at the end of the season

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### **Questions? Can't make the meeting?**

**Contact: Abby Piesler (304-0039, aromdenne@yahoo.com)**

## What's Happening

@ Algoma Public Library  
Jan. 30- Feb. 13<sup>th</sup>

Every Tuesday: **Baby Story Time** at 10 am. For ages birth -2.  
Every Friday: **Story Hour** at 10 am. For ages 3-5.



Tues. Jan. 2<sup>nd</sup>- Fri. Feb. 5<sup>th</sup>: **Milwaukee Bucks Reading Challenge**. Don't forget to turn in your sheets by February 5<sup>th</sup> for a chance to a free ticket to a Milwaukee Bucks home game!

Wed. Jan. 31<sup>st</sup>: **Pokémon League 3 pm** Join us for collecting and trading Pokémon cards with friends! Battling also welcome!

Thurs. Feb. 8<sup>th</sup>: **Pathfinders Movie –Tangled**



Fri. Feb. 9<sup>th</sup>: **After School Movie Cool** Runnings at 3:15 pm. Rated PG. Popcorn provided.

Thurs., Feb. 15<sup>th</sup>: **Bloxels Day** from 3-5 pm. Join us for a fun game-making time with Bloxels! Bring your phone or tablet to download the app, or use the iPads we have on hand to build, snap pictures, and make your own game fast!



Fri. Feb. 16<sup>th</sup>: **Stuffed Animal Sleepover** at 5:30 pm. The Library will be having a stuffed Animal Sleepover. Bring in a stuffed animal and wear your PJs to this special evening storytime. We will be reading stories, making a craft, and tucking the animals in for a sleepover at the library! Pick up your animals Sat., Feb. 17<sup>th</sup> at 10:30 and join us for a short storytime.



# You're Invited!



Join Live Algoma and fellow community members for a Community Conversation on Emotional Well-Being

## Community Conversation

February 12 / 5:30-7:00 PM  
St. John's Church in Rankin

- \* Come help us CELEBRATE our Live Algoma Emotional Well-Being Bright Spots
- \* Have a conversation about how we can promote emotional well-being in our community
- \* Learn about resources that contribute to positive mental health and emotional well-being
- \* Give ideas about how to celebrate National May is Mental Health Month in Algoma



**What is a Bright Spot? It is a success story, a positive strategy, a strong asset or resource that works toward improving the wellbeing of our community and its members. Bright Spots shine the light on what is working!**

For more information visit  
[livealgoma.org](http://livealgoma.org)



January 29-February 2, 2018

Read more at <https://goo.gl/HfXSSD>

## Don't "unfriend" me. I'm your Mother!



Getting to know your teen's friends will help you gain insights on how your teen handles different aspects of his or her life.

**Be an eParent@!** An easy way to get to know your tween better is to "friend" her *and* her friends on Facebook. Three-fourths of American teens are on Facebook and even though many teens have lost their enthusiasm for the site, they keep using Facebook because it has become a key part of their socialization with friends. Friends become increasingly important as children move into the teen years. Friend groups can be a place where teens feel they belong and can also explore their growing independence. Good friends can provide teens with emotional support, stress relief, and even ideas about socially appropriate behavior. (Of course, friends who are involved in dangerous or illegal activities or dominate your child can have a negative influence.) Parents who get to know their teenager's friends are more likely to keep a healthy relationship with their teen. Your interest and respect for your teen's friends translates into care for your teen and approval of your teen's ability to form good relationships.

However, a cause for concern is if your teen is purposely keeping friends away from you. Ask those tough and probing questions to find out what it is that your teen feels they need to hide from you. Awareness is a way to keep small problems from growing into large problems.

Read more about [teens and their friends](#) and why [friendship is important to tweens](#). Read more about [how adolescents use social media](#).

To learn more contact [UW-Extension Family Living Programs](#) or like Family Living on [Facebook](#).