

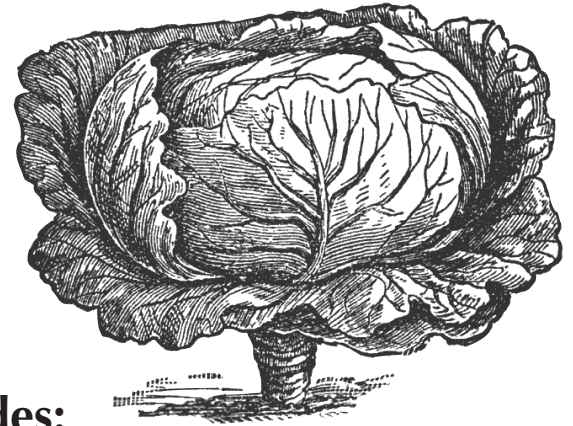
2 OCTOBER 9



Harvest of the Month

Green and Purple Cabbage
from Bingen, Washington

3 cool reasons to eat cabbage.



One serving of raw shredded cabbage provides:

- 1** An excellent source of Vitamin C and Vitamin K
- 2** A good source of Vitamin A (red, purple and savoy varieties).
- 3** A good source of folate (savoy and Chinese varieties).

DID YOU KNOW...

- ☛ Cabbage can be used instead of lettuce in sandwiches and tacos, as well as in salads.
- ☛ Since cabbage can be stored for a long time, it was a staple food in Europe during the Middle Ages, more than 600 years ago. People used cabbage juice to heal wounds. They even drank it to cure their coughs.
- ☛ Since cabbage contains lots of vitamin C, explorers like Captain Cook traveled with it in their ships across the ocean to prevent a sickness called Scurvy. Because of this, cabbage rapidly spread across the continents.



Seattle School District is pleased to offer PayPams as a meal payment service for students and families. Parents/guardians now have the convenience of paying using the internet or by phone using either a credit card/debit card anytime day or night. A service fee of \$1.95 per payment is charged to the parent/guardian account at the time of the transaction. Visa, Mastercard, and Discover cards can be used for payment.

Pre-pay for school meals 24-7. Learn more about this service by visiting www.PayPams.com

Nutrition Services programs are available to all without regard to race, color, national origin, sex, age, or disability.



Nutrition Services has openings for on-call substitutes in area school kitchens.

Call 206-252-0675

PRICES

Milk \$.50

BREAKFAST

Elementary School \$ 1.25

Middle/High School \$ 1.50

Reduced No Charge

Adult \$ 2.25

LUNCH

Elementary School \$ 2.25

Middle/High School \$ 2.50

Reduced No Charge

Adult \$ 4.00

QUALIFIED STUDENTS EAT FOR FREE!

Students who qualify for reduced priced meals enjoy Breakfast and Lunch for FREE in their school. For more information on how to complete an application for Free or Reduced Priced Meals contact the Lunchroom Manager at your child's school or Nutrition Services at 206-252-0675.

TEAM BREAKFAST

FREE Breakfast is offered to students at 14 schools around the district as part of the TEAM BREAKFAST Program. Participating schools include: Bailey Gatzert, Brighton, Concord, Dearborn Park, Northgate, Roxhill, Secondary BOC, Thurgood Marshall, Van Asselt, West Seattle Elementary and Wing Luke. All students, regardless of eligibility for free, reduced or full-priced meals, enjoy breakfast free in these schools.