

# April Bulletin Board

## Pita Pocket

4 whole wheat pitas  
Dijon mustard  
8 mushrooms, sliced  
mashed  
1 tomato, sliced

1 cucumber, peeled & sliced  
4 lean turkey slices  
2 ripe avocados, peeled &



If you want freshness, fiber and flavor, this is the lunch for you.

Slit the pitas and spread mustard inside. Stuff each one with mushrooms, tomato and cucumber. Add turkey (or omit for a vegetarian version). Spoon in the mashed avocado. Wrap the sandwiches in foil to enjoy on the go or savor them at home.



## Lunch Accounts

Register on Mealpayplus and use features on their website at no charge. All you need is your child's student identification number. Call the food services department at 255-8370 if you need your child's ID number. On the website, you can view purchase history for your child and receive low balance e-mail notifications when your child's balance gets below a certain level. You can use the website even without making payments through the website.

[www.mealpayplus.com](http://www.mealpayplus.com)

## Step into Spring

Look through newspaper listings for an upcoming charity walk. In the weeks leading up to the event, train together with your child. You can clock a route through your neighborhood with your car's odometer, or use the track at your child's school (four laps usually equal a mile). Walk the route as a family, increasing your distance until you work up to the mileage you'll be doing. Even if you don't sign up for an organized walk, you can make after-dinner strolls a family ritual. Or create a neighborhood walking club, and invite other families who have a child your youngster's age to join you in getting fit together. (Resources for Educators)

Visit the Food Services webpage at  
[www.edline.net/pages/Fairfield\\_School\\_District/BOE\\_Departments/Departments/foodservice](http://www.edline.net/pages/Fairfield_School_District/BOE_Departments/Departments/foodservice)  
for updated information and helpful links to other resources.