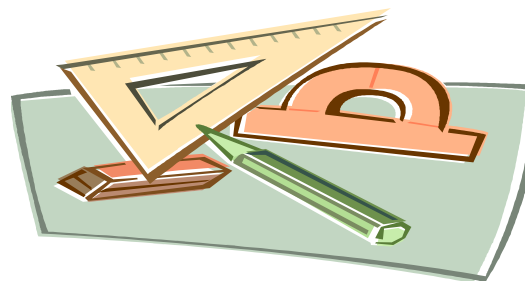


## Fruit of the Month

Plums are the fruit of the month. One medium plum is about a ½ cup of fruit. Plums are a good source of vitamin C, which helps your body heal cuts and wounds and it helps your body maintain healthy gums. Blend fresh or frozen plums with low-fat milk and ice.



Great news for you and your students!  
All enrolled students of Beadle, Horace Mann, Knollwood, Robbinsdale, South Park & North are eligible to receive a healthy breakfast & lunch at school at **no charge** to your household each day of the 2015-2016 school year.  
No further action is required of you. Your child(ren) will be able to participate in these meal programs without having to pay a fee or submit an application.



## Let's Get Physical!

Walk, skate, or ride bikes to local farmers market. Bring your own bags to carry your groceries.

Take a dip—meet your friends at a local pool and go for a swim.

Be sun-safe. Wear sunscreen and a hat when outdoors.

Stay hydrated on warm days by drinking lots of water.

## Fun with Food

Savory Grilled Fruit

4 plums, halved and pitted

Using covered barbeque grill, cook halved plums over medium, indirect heat for 4 minutes. Turn over plums and cook for an additional 4 minutes. Serve while hot.

Makes 8 servings, ½ plum each

## Questions & Answers

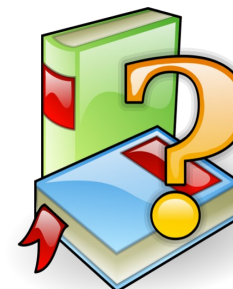
**Q:** My student wants to bring a lunch from home and would like to buy a milk at school.

**How do I do that?**

**A:** Because students will no longer have lunch cards, milk purchases will be cash only. Students will need to bring 55¢ cash to cover the cost of a milk.

**Q:** If my student currently has a balance in their lunch account, can I use that money to pay for milk purchases?

**A:** No, because of the new meal program sales must be cash only. Please request a refund. A refund can be completed online at [www.rcas.org](http://www.rcas.org), or you can stop down to the Food Service Office at 300 6th Street to complete the form. It will take 2-3 weeks to process the refund. Amounts under \$50 must be picked up from the Business Office.



Have questions you need answered??

Feel free to call us at 605-394-4061