

AUGUST/SEPTEMBER 2008 Lunch Menu



AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information
25 Mini Cheese Burgers	26 Chicken Nuggets	27 Turkey Dog	28 Teriyaki Chicken with Brown Rice	29 Mac and Cheese	Calories 699 Protein 28.33 Fiber 3.61 Carbs 116.56 Iron 4.36 Calcium 625.10 <u>% of Calories</u> Vitamin A 5861 Tot. Fat 18.36 Vitamin C 36.62 Sat. Fat 6.76

September

Labor Day Holiday 1 	2 Hamburger	3 Mini Chicken Corn Dogs	4 Honey BBQ Chicken Dippers with Brown Rice	5 Chicken Strips	Calories 738 Protein 33.26 Fiber 4.59 Carbs 117.43 Iron 6.04 Calcium 578.98 <u>% of Calories</u> Vitamin A 5400 Tot. Fat 20.41 Vitamin C 42.86 Sat. Fat 5.90
8 Turkey Corn Dog	9 Popcorn Chicken	10 Warm Soft Pretzel with Cheese	11 Teriyaki Beef Dippers with Brown Rice	12 Cheese Pizza Bagel	Calories 688 Protein 26.87 Fiber 4.03 Carbs 116.09 Iron 4.41 Calcium 620.83 <u>% of Calories</u> Vitamin A 5843 Tot. Fat 18.50 Vitamin C 38.06 Sat. Fat 6.54
15 Chicken Patty Sandwich	16 Mac and Cheese	17 Chicken Taquitos	18 Orange Chicken with Brown Rice	19 Bosco Cheesy Breadsticks	Calories 720 Protein 28.24 Fiber 4.40 Carbs 123.83 Iron 4.84 Calcium 649.25 <u>% of Calories</u> Vitamin A 5886 Tot. Fat 16.77 Vitamin C 36.19 Sat. Fat 6.04

DAILY:

VEGETARIAN ENTRÉES

- Yogurt
- Energy Bar



CRUNCH & MUNCH SIDES

Students may select one or more side item with entrée:

- Variety of fresh and canned fruits
- Vegetables
- Snack items



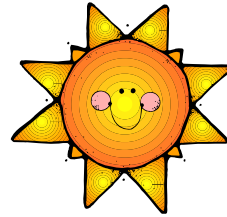
CHOICE OF Moo-ARVELOUS MILK

- 1% Plain
- Fat Free Chocolate Milk



All Menus Subject to Change
 USDA and DMUSD are Equal Opportunity Providers and Employers

September is All American Breakfast Month



“Eat your breakfast. It’s the most important meal of the day!”

Why are parents always saying that? Well, imagine you’re a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road. Sit down to a ten minute breakfast everyday. This will give kids the edge! Improve their memory, focus and concentration before the bell rings with a good breakfast.



Children who eat breakfast tend to perform better in school. Children simply don’t concentrate well when they are hungry. Many studies have demonstrated that breakfast eaters are likely to achieve higher grades, pay closer attention, participate more in class discussions, and manage more complex academic problems than breakfast skippers. So tomorrow morning, don’t run out the door on an empty stomach. Fuel up with a healthy breakfast!

Include All the Food Groups:

Just like other meals, for a healthy breakfast try to eat a variety of foods, including:

- **Grains** (whole grain breads, low sugar cereals, oatmeal, whole grain waffle or pancake, whole wheat tortilla)

- **Protein** (meats, beans, eggs, peanut butter and nuts)
- **Fruits and Vegetables** (100% juice; fresh, frozen or dried fruit)
- **Low-fat Milk, Cheese and Low-fat Yogurt**

When You’re In a Hurry:

For rushed mornings, keep quick and healthy choices on hand:

- Fresh fruit – washed and ready to eat at the table or en route
- High fiber, low-sugar cereals
- Individually sized low-fat yogurt cups
- Whole grain crackers, whole wheat pita
- Low-fat cheese cut and wrapped in individual servings
- Small cartons of milk or 100% juice

Breakfast Joke:

What happens if you tell an egg a joke?
It cracks up

