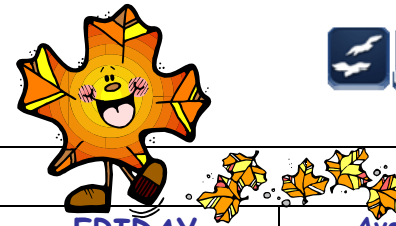


SEPTEMBER/OCTOBER



2008 Lunch Menu

September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information																								
22 Lean Hamburger	23 Baked Chicken Nuggets	24 Turkey Dog	25 Teriyaki Chicken with Brown Rice	26 Mac and Cheese	<table border="0"> <tr> <td>Calories</td> <td>670</td> <td>Protein</td> <td>31</td> </tr> <tr> <td>Fiber</td> <td>4</td> <td>Carbs</td> <td>102</td> </tr> <tr> <td>Iron</td> <td>5</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>515</td> <td><u>% of Calories</u></td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>5921</td> <td>Tot. Fat</td> <td>17</td> </tr> <tr> <td>Vitamin C</td> <td>37</td> <td>Sat. Fat</td> <td>6</td> </tr> </table>	Calories	670	Protein	31	Fiber	4	Carbs	102	Iron	5			Calcium	515	<u>% of Calories</u>		Vitamin A	5921	Tot. Fat	17	Vitamin C	37	Sat. Fat	6
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29 Fiesta Chicken Tacquitos	30 Lean Mini Cheeseburgers				(see below for weekly average)																								



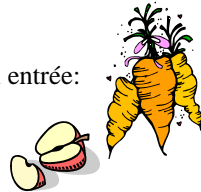
		1 Mini Chicken Corn Dogs	2 Orange Chicken with Brown Rice	3 Baked Chicken Strips	<table border="0"> <tr> <td>Calories</td> <td>761</td> <td>Protein</td> <td>36</td> </tr> <tr> <td>Fiber</td> <td>5</td> <td>Carbs</td> <td>113</td> </tr> <tr> <td>Iron</td> <td>8</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>454</td> <td><u>% of Calories</u></td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>5770</td> <td>Tot. Fat</td> <td>19</td> </tr> <tr> <td>Vitamin C</td> <td>36</td> <td>Sat. Fat</td> <td>5</td> </tr> </table>	Calories	761	Protein	36	Fiber	5	Carbs	113	Iron	8			Calcium	454	<u>% of Calories</u>		Vitamin A	5770	Tot. Fat	19	Vitamin C	36	Sat. Fat	5
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6 Turkey Corn Dog	7 Baked Popcorn Chicken	8 Warm Soft Pretzel with Cheese	9 Teriyaki Chicken with Brown Rice	10 Cheese Pizza Bagel	<table border="0"> <tr> <td>Calories</td> <td>670</td> <td>Protein</td> <td>29</td> </tr> <tr> <td>Fiber</td> <td>6</td> <td>Carbs</td> <td>107</td> </tr> <tr> <td>Iron</td> <td>5</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>510</td> <td><u>% of Calories</u></td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>5880</td> <td>Tot. Fat</td> <td>15</td> </tr> <tr> <td>Vitamin C</td> <td>41</td> <td>Sat. Fat</td> <td>5</td> </tr> </table>	Calories	670	Protein	29	Fiber	6	Carbs	107	Iron	5			Calcium	510	<u>% of Calories</u>		Vitamin A	5880	Tot. Fat	15	Vitamin C	41	Sat. Fat	5
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13 Chicken Patty Sandwich	14 Mac and Cheese	15 Fiesta Chicken Tacquitos	16 Orange Chicken with Brown Rice	17 Cheesy Breadsticks made with whole grains	<table border="0"> <tr> <td>Calories</td> <td>719</td> <td>Protein</td> <td>31</td> </tr> <tr> <td>Fiber</td> <td>6</td> <td>Carbs</td> <td>117</td> </tr> <tr> <td>Iron</td> <td>6</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>572</td> <td><u>% of Calories</u></td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>5970</td> <td>Tot. Fat</td> <td>15</td> </tr> <tr> <td>Vitamin C</td> <td>36</td> <td>Sat. Fat</td> <td>5</td> </tr> </table>	Calories	719	Protein	31	Fiber	6	Carbs	117	Iron	6			Calcium	572	<u>% of Calories</u>		Vitamin A	5970	Tot. Fat	15	Vitamin C	36	Sat. Fat	5
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DAILY:

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

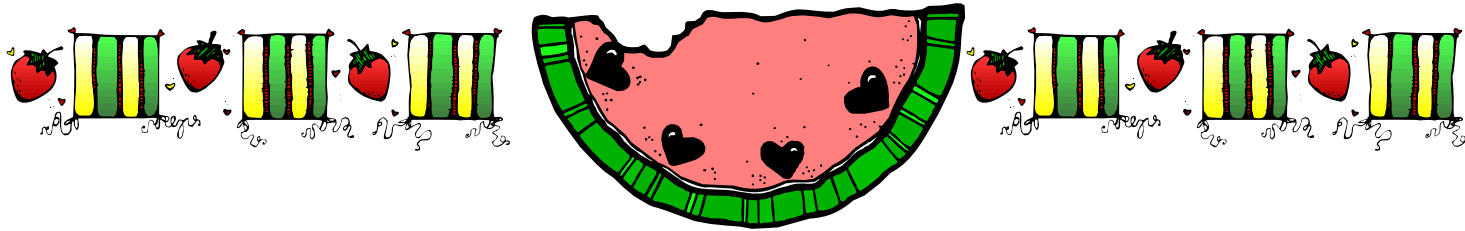
- 1% Plain
- Fat Free Chocolate Milk



All Menus Subject to Change

USDA and DMUSD are Equal Opportunity Providers and Employers

FRUIT "Goes Back to School"



Why do children need to eat more fruits?

- Fruits are nutritious, flavorful, and appealing to children. Fruits are naturally low in fat, sodium, and calories – none have cholesterol. Fruits are important sources of many nutrients, including dietary fiber, vitamin C, potassium, folate, and phytochemicals.
- Eating a diet rich in fruits is part of a healthy diet and may reduce risk for chronic diseases such as stroke, coronary heart disease, type 2 diabetes, and certain types of cancers.

Frozen Strawberry Banana Smoothie 4 servings

1 Cup Strawberries, frozen 1 Cup Yogurt, plain, nonfat
2 Each Bananas, small 1 Cup Orange Juice

1. Place frozen strawberries, banana, yogurt, and orange juice in a blender. Cover. Blend ingredients until smooth.
2. Serve in a glass with a strawberry for garnish.

Fruit Jokes:

What do you call a cat who eats lemons?

A Sour Puss!



What did one strawberry say to another?

If you weren't so fresh, we wouldn't be in this jam.

How Can I Help My Children Eat More Fruit?

- Involve children in shopping, cleaning, peeling, and preparing fruits.
- Allow children to pick out a new fruit to try at home.
- Keep cut fruit readily available for children. Whole fruits can be difficult for children to handle.
- Vary fruit choices. Fruits differ in nutrient content.
- Top off a bowl of cereal with some berries, bananas, or peaches.
- Make fruit kabobs using pieces of fresh fruit, pineapple chunks and berries.
- Serve fruit side dishes and sauces such as mango salsa and berry compote with chicken, fish or meat.
- Bake fruits such as apples or pears for dessert.
- Make healthy frozen fruit bars using 100% juice as alternatives to high-fat snacks.
- Try fruits with different textures – crunchy apples, smooth and creamy bananas, and juicy oranges.