

OCTOBER/NOVEMBER 2008 Lunch Menu



OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information
20 Minimum Day Munchin' Mini Hamburgers	21 Minimum Day Creamy Mac and Cheese	22 Minimum Day Tasty Turkey Dog	23 Minimum Day Teriyaki Chicken with Brown Rice	24 Minimum Day Baked Poppin' Popcorn Chicken	Calories 679 Protein 31.56 Fiber 4.17 Carbs 102.62 Iron 4.93 Calcium 524.19 % of Calories Vitamin A 5933 Tot. Fat 16.43 Vitamin C 39.30 Sat. Fat 5.76
27 Baked Fiesta Chicken Tacquitos	28 Warm Soft Pretzel with Cheese	29 Munchin' Mini Chicken Corn Dog	30 Orange Chicken with Brown Rice	 31 Baked Chicken Nuggets	Calories 670 Protein 25.52 Fiber 6.05 Carbs 109.16 Iron 4.84 Calcium 444.17 % of Calories Vitamin A 5720 Tot. Fat 16.16 Vitamin C 36.46 Sat. Fat 3.05

NOVEMBER

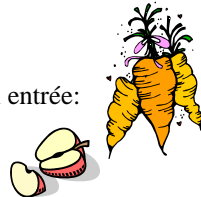
3 Ballot Burger	4 Great Debate Cheese Pizza Bagel	5 Patriotic Terrific Turkey Corn Dog	Prize Day! 6 Electoral Teriyaki Chicken w/Brown Rice	7 Presidential Baked Chicken Strips	Calories 752 Protein 39.00 Fiber 5.77 Carbs 107.00 Iron 7.22 Calcium 513.78 % of Calories Vitamin A 5908 Tot. Fat 19.78 Vitamin C 38.34 Sat. Fat 6.32
10 Baked Chicken Patty Sandwich	11 Veterans Day Holiday	12 Munchin' Mini Chicken Corn Dogs	13 Orange Chicken with Brown Rice	14 Baked Chicken Nuggets	Calories 696 Protein 33.72 Fiber 4.69 Carbs 100.64 Iron 6.72 Calcium 399.58 % of Calories Vitamin A 5751 Tot. Fat 18.12 Vitamin C 36.49 Sat. Fat 3.72

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

October 13 - 17, 2008 is NATIONAL SCHOOL LUNCH WEEK



Did You Know:

- A registered dietitian creates Del Mar Unified School District menus. Questions may be emailed to:

nutrition@sduhsd.net
- Meals served to your child provide one-third or more of the Recommended Dietary Allowance (RDA) for key nutrients such as protein, calcium, vitamin C, vitamin A and iron.
- Meals contain no more than 30% of total calories from fat and no more than 10% total calories from saturated fat.
- Meals are transfat free.
- No super-sizing here. Meals served as part of the NSLP are provided in age-appropriate serving sizes - making schools some of the only places in the U.S. where you can purchase a meal with the recommended serving sizes.
- Free or reduced price lunch is available to families who meet household income guidelines. Determined eligibility is confidential.

Helpful Website:

Do you want to adopt better eating habits but lack the time to plan menus at home? USDA has launched the MyPyramid Menu Planner. Simply enter your name, age, gender, weight, height and activity level to create your personalized account. The same program can be used to plan foods for your entire family and to generate reports about how you are meeting your health goals.

www.mypyramidtracker.gov/planner

October Jokes:

How do you make a milkshake?

Sneak up behind a cow and go "BOO!"

What did the mother ghost tell the baby ghost when he ate too fast?

Stop goblin your food.

Where does a bat eat his dinner?

On home plate, and he has a ball.

