

NOVEMBER/DECEMBER 2008 Lunch Menu



November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information																								
17 Marvelous Mini Hamburgers	18 Freshly Made at El Pollo Loco B/R/C Burrito	19 <i>Tasty</i> Turkey Dog	20 Teriyaki Chicken with Brown Rice	21 Crunchy Baked Chicken Strips	<table style="font-size: small; border: none;"> <tr><td>Calories</td><td>787</td><td>Protein</td><td>38.36</td></tr> <tr><td>Fiber</td><td>6.89</td><td>Carbs</td><td>117.58</td></tr> <tr><td>Iron</td><td>7.70</td><td></td><td></td></tr> <tr><td>Calcium</td><td>508.50</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>5816</td><td>Tot. Fat</td><td>19.11</td></tr> <tr><td>Vitamin C</td><td>37.35</td><td>Sat. Fat</td><td>5.81</td></tr> </table>	Calories	787	Protein	38.36	Fiber	6.89	Carbs	117.58	Iron	7.70			Calcium	508.50	% of Calories		Vitamin A	5816	Tot. Fat	19.11	Vitamin C	37.35	Sat. Fat	5.81
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24 HOLIDAY	25 HOLIDAY	26 HOLIDAY	27 THANKSGIVING 	28 HOLIDAY																									

December

1 Fiesta Chicken Taquitos	2 Soft Pretzel with Cheese	3 munchin' Mini Chicken Corn Dog	4 Orange Chicken with Brown Rice	5 Baked Crispy Chicken Nuggets	<table style="font-size: small; border: none;"> <tr><td>Calories</td><td>671</td><td>Protein</td><td>26.23</td></tr> <tr><td>Fiber</td><td>5.55</td><td>Carbs</td><td>107.88</td></tr> <tr><td>Iron</td><td>4.92</td><td></td><td></td></tr> <tr><td>Calcium</td><td>418.19</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>5720</td><td>Tot. Fat</td><td>16.47</td></tr> <tr><td>Vitamin C</td><td>36.46</td><td>Sat. Fat</td><td>3.36</td></tr> </table>	Calories	671	Protein	26.23	Fiber	5.55	Carbs	107.88	Iron	4.92			Calcium	418.19	% of Calories		Vitamin A	5720	Tot. Fat	16.47	Vitamin C	36.46	Sat. Fat	3.36
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8 Charbroiled Cheeseburger	9 PRIZE DAY Cheese Pizza Bagel	10 <i>Tasty</i> Turkey Dog	11 Teriyaki Chicken with Brown Rice	12 Baked Poppin' Popcorn Chicken	<table style="font-size: small; border: none;"> <tr><td>Calories</td><td>679</td><td>Protein</td><td>31.57</td></tr> <tr><td>Fiber</td><td>5.21</td><td>Carbs</td><td>102.99</td></tr> <tr><td>Iron</td><td>4.76</td><td></td><td></td></tr> <tr><td>Calcium</td><td>526.31</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>5919</td><td>Tot. Fat</td><td>16.83</td></tr> <tr><td>Vitamin C</td><td>40.48</td><td>Sat. Fat</td><td>5.90</td></tr> </table>	Calories	679	Protein	31.57	Fiber	5.21	Carbs	102.99	Iron	4.76			Calcium	526.31	% of Calories		Vitamin A	5919	Tot. Fat	16.83	Vitamin C	40.48	Sat. Fat	5.90
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15 Chicken Patty Sandwich	16 Breadsticks Stuffed with Reduced Fat Mozzarella Cheese	17 Mini Chicken Corn Dogs	18 Orange Chicken with Brown Rice	WINTER RECESS	<table style="font-size: small; border: none;"> <tr><td>Calories</td><td>664</td><td>Protein</td><td>31.28</td></tr> <tr><td>Fiber</td><td>5.00</td><td>Carbs</td><td>105.48</td></tr> <tr><td>Iron</td><td>5.61</td><td></td><td></td></tr> <tr><td>Calcium</td><td>525.01</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>5218</td><td>Tot. Fat</td><td>13.49</td></tr> <tr><td>Vitamin C</td><td>20.62</td><td>Sat. Fat</td><td>3.50</td></tr> </table>	Calories	664	Protein	31.28	Fiber	5.00	Carbs	105.48	Iron	5.61			Calcium	525.01	% of Calories		Vitamin A	5218	Tot. Fat	13.49	Vitamin C	20.62	Sat. Fat	3.50
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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



Ben Franklin Liked TURKEY!



Benjamin Franklin, an admirer of the wild turkey, was disappointed when the bald eagle was chosen as a symbol of the United States of America. He felt the wild turkey should have been the chosen bird. Franklin called the wild turkey a "...more respectable bird..." and "...a true original native of North America."

More Facts about Turkeys

- Turkeys are large birds, related to pheasants. Wild turkeys are native to wooded areas of North America. (Turkeys were *not* mentioned by name in original accounts of the 1621 Plymouth Thanksgiving celebration. Wild turkeys would have lived in the surrounding area and may have been included in the *fowl* eaten at the meal however.)
- Male turkeys are called *toms*. Female turkeys are called *hens*.
- Only male turkeys make gobbling sounds.
- Wild turkeys eat seeds, acorns, and insects.
- Wild turkeys can run and are good fliers. Domesticated turkeys cannot fly.
- Wild turkeys are not as fat as domesticated turkeys.
- There are several breeds of domesticated and wild turkeys. See photos and illustrations of some breeds on the [Turkey Breeds](#) site from the Oklahoma State University Department of Animal Science.
- Domesticated turkeys are related to Mexican turkeys.
- Spanish Conquistadors took Mexican turkeys to Europe in the 16th century. Turkeys were raised in Europe before the Pilgrims left there.
- In this country, the average person in the United States eats almost 19 pounds of turkey each year.

Nutrition

- Turkey is low in fat and high in protein. It is an inexpensive source of iron, zinc, phosphorus, potassium and B vitamins. A serving of turkey is a 2 to 3-ounce cooked portion. The Food Guide Pyramid suggests 2 to 3 meat group servings each day.
- The portions below represent 100 grams, approximately 3 1/2 ounces, of sliced meat from a whole roasted turkey.
- A 3 1/2-ounce portion of turkey is about the size and thickness of a deck of cards. The fat and calorie content varies as white meat has less fat and fewer calories than dark meat. One gram of fat contains 9 calories; one gram of protein contains 4 calories.

Meat Type	Calories	Total Fat	Protein
Breast with skin	194	8 grams	29 grams
Breast w/o skin	161	4 grams	30 grams
Wing w/skin	238	13 grams	27 grams
Leg w/skin	213	11 grams	28 grams
Dark meat w/skin	232	13 grams	27 grams
Dark meat w/o skin	192	8 grams	28 grams

Why did the turkey eat his meal so quickly?

Because he was a gobbler!



Skin only

482

44 grams

19 grams