

JANUARY 2009 Lunch Menu



WELCOME IN THE
NEW YEAR!

JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information																								
			 1	2 HOLIDAY																									
5 Happy New Year Mini Cheese Burger	6 *Soft Pretzel & Creamy Cheese Sauce	7 Tasty Turkey Hot Dog	8 Teriyaki Chicken with Brown Rice	9 Crunchy Chicken Strips	<table style="font-size: small; width: 100%;"> <tr><td>Calories</td><td>786</td><td>Protein</td><td>37.89</td></tr> <tr><td>Fiber</td><td>7</td><td>Carbs</td><td>118.33</td></tr> <tr><td>Iron</td><td>7.35</td><td></td><td></td></tr> <tr><td>Calcium</td><td>463.2</td><td>% of Calories</td><td></td></tr> <tr><td>Vit. A (RE)</td><td>939</td><td>Tot. Fat</td><td>19.02</td></tr> <tr><td>Vit. C</td><td>36.15</td><td>Sat. Fat</td><td>5.24</td></tr> </table>	Calories	786	Protein	37.89	Fiber	7	Carbs	118.33	Iron	7.35			Calcium	463.2	% of Calories		Vit. A (RE)	939	Tot. Fat	19.02	Vit. C	36.15	Sat. Fat	5.24
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12 Fiesta Chicken Tacquitos	13 *Creamy Mac and Cheese	14 Lucky Tray Day Baked Crispy Chicken Patty Sandwich	15 Orange Chicken with Brown Rice	16 Crispy Chicken Nuggets	<table style="font-size: small; width: 100%;"> <tr><td>Calories</td><td>678</td><td>Protein</td><td>28.55</td></tr> <tr><td>Fiber</td><td>4.96</td><td>Carbs</td><td>106.43</td></tr> <tr><td>Iron</td><td>4.62</td><td></td><td></td></tr> <tr><td>Calcium</td><td>476.5</td><td>% of Calories</td><td></td></tr> <tr><td>Vit. A (RE)</td><td>868</td><td>Tot. Fat</td><td>16.29</td></tr> <tr><td>Vit. C</td><td>20.90</td><td>Sat. Fat</td><td>4.75</td></tr> </table>	Calories	678	Protein	28.55	Fiber	4.96	Carbs	106.43	Iron	4.62			Calcium	476.5	% of Calories		Vit. A (RE)	868	Tot. Fat	16.29	Vit. C	20.90	Sat. Fat	4.75
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19 <i>Martin Luther King Day</i>	20 *Cheese Pizza Bagel	21 Munchin' Mini Chicken Corn Dog	22 Teriyaki Beef Dippers with Brown Rice	23 Poppin' Popcorn Chicken	<table style="font-size: small; width: 100%;"> <tr><td>Calories</td><td>658</td><td>Protein</td><td>28.51</td></tr> <tr><td>Fiber</td><td>4.83</td><td>Carbs</td><td>98.86</td></tr> <tr><td>Iron</td><td>4.86</td><td></td><td></td></tr> <tr><td>Calcium</td><td>489.50</td><td>% of Calories</td><td></td></tr> <tr><td>Vit. A (RE)</td><td>895</td><td>Tot. Fat</td><td>17.42</td></tr> <tr><td>Vit. C</td><td>42.60</td><td>Sat. Fat</td><td>4.88</td></tr> </table>	Calories	658	Protein	28.51	Fiber	4.83	Carbs	98.86	Iron	4.86			Calcium	489.50	% of Calories		Vit. A (RE)	895	Tot. Fat	17.42	Vit. C	42.60	Sat. Fat	4.88
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26 No School STAFF INSERVICE	27 No School STAFF INSERVICE	28 New! Oven Roasted Turkey & Cheese Melt	29 Orange Chicken with Brown Rice	30 Crispy Chicken Nuggets	<table style="font-size: small; width: 100%;"> <tr><td>Calories</td><td>729</td><td>Protein</td><td>30.69</td></tr> <tr><td>Fiber</td><td>4.39</td><td>Carbs</td><td>115.85</td></tr> <tr><td>Iron</td><td>5.63</td><td></td><td></td></tr> <tr><td>Calcium</td><td>451.80</td><td>% of Calories</td><td></td></tr> <tr><td>Vit. A (RE)</td><td>893</td><td>Tot. Fat</td><td>16.73</td></tr> <tr><td>Vit. C</td><td>51.69</td><td>Sat. Fat</td><td>5.21</td></tr> </table>	Calories	729	Protein	30.69	Fiber	4.39	Carbs	115.85	Iron	5.63			Calcium	451.80	% of Calories		Vit. A (RE)	893	Tot. Fat	16.73	Vit. C	51.69	Sat. Fat	5.21
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* = Vegetarian Entrees

DAILY:

Entrees are Baked (not fried)

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





GOING GREEN IN THE NEW YEAR!



Greens Make the Grade!


Many leafy green vegetables are excellent sources of vitamins A and C. They contribute calcium, iron, fiber and other nutrients. The federal government's National Cancer Institute reports that foods rich in vitamins A and C have been associated with the reduced risk of certain cancers. Greens are very low in calories and sodium.

Some Green Facts:

-  Cruciferous vegetables are rich in essential vitamins, vital minerals and food value. They are also high in calcium, ascorbic acid, fiber and beta-carotene. They are low in calories and have neither cholesterol nor fat.
-  Drop a walnut into the cooking liquid to reduce the strong odor resulting from cooking cabbage.
-  Nutritionists recommend cooking leafy vegetables in stainless steel, enamel or glass pans as aluminum or copper react with sulfur compounds in vegetables to create unpleasant odors and flavors, and destroy vitamin C, folic acid and vitamin E.
-  Red cabbage can be prevented from turning purple or blue while cooking by adding 1 tablespoon vinegar or lemon juice to the cooking water.

THE LEAFY GREENS COUNCIL IS PROUD TO INTRODUCE THE...

CRUCIFEROUS CRUSADERS
ALL-STAR CANCER FIGHTING TEAM



CABBAGESAURUS

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VITAL STATISTICS
TEAM CAPTAIN -
OLDEST MEMBER OF THE TEAM.
STRENGTH IS IN HIGH MINERAL
AND VITAMIN CONTENT.

C	A	L	C	I	U	M	I	C	V
C	A	B	B	A	G	E	R	S	I
B	K	R	M	C	U	J	O	P	T
H	B	R	O	C	C	O	L	I	A
X	P	R	O	T	E	I	N	N	M
E	C	E	V	C	E	C	T	A	I
L	C	B	F	X	C	N	C	C	N
A	J	I	R	O	N	C	E	H	S
K	S	F	E	C	U	T	T	E	L

FIND THE 11 SECRET WORDS!
BROCCOLI - CABBAGE - CALCIUM - KALE
CAROTENE - FIBER - IRON - VITAMINS
LETTUCE - PROTEIN - SPINACH

THE LEAFY GREENS COUNCIL IS PROUD TO INTRODUCE THE...

CRUCIFEROUS CRUSADERS
ALL-STAR CANCER FIGHTING TEAM



SPINACHRAPTOR

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VITAL STATISTICS
POWER HITTER -
KNOWN THROUGHOUT THE
WORLD FOR THE POWER THAT
COMES FROM SPINACH.

SPINACHRAPTOR IS LATE FOR DINNER! HELP
HIM GET THROUGH THE SPINACH PATCH!

