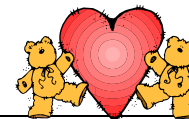
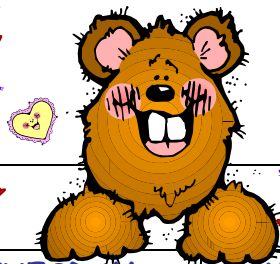


FEBRUARY 2009 Lunch Menu



February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information
 <p>2 Marvelous Mini Cheese Burger</p>	<p>3 Breadsticks Stuffed with Reduced Fat Mozzarella Cheese</p>	<p>4 Tasty Turkey Hot Dog</p>	<p>5 Teriyaki Chicken with Brown Rice</p>	<p>6 Crunchy Chicken Strips</p>	<p>Calories 709 Protein 32.26 Fiber 5.31 Carbs 99.94 Iron 5.81 Calcium 463 % of Calories Vitamin A 1137 Tot. Fat 22.14 Vitamin C 35.25 Sat. Fat 5.77</p>
<p>9 Fiesta Chicken Tacquitos</p>	<p>10 *Creamy Mac and Cheese</p>	<p>11 Orange Chicken with Brown Rice</p>	<p>12 "Will You Be Mine?" Heart Shaped nuggets</p>	<p>13 HOLIDAY </p>	<p>Calories 692 Protein 30.28 Fiber 4.47 Carbs 98.59 Iron 4.78 Calcium 406 % of Calories Vitamin A 1103 Tot. Fat 22.16 Vitamin C 31.90 Sat. Fat 5.42</p>
<p>16 HOLIDAY</p>	<p>17 *Cheese Pizza Bagel</p>	<p>18 munchin' Mini Chicken Corn Dog</p>	<p>19 Teriyaki Beef Dippers with Brown Rice</p>	<p>20 Poppin' Popcorn Chicken</p>	<p>Calories 656 Protein 26.30 Fiber 4.40 Carbs 93.92 Iron 4.58 Calcium 430.7 % of Calories Vitamin A 889 Tot. Fat 21.84 Vitamin C 35.69 Sat. Fat 5.43</p>
<p>23 minimum day Happenin' Hamburger</p>	<p>24 minimum day *Soft Pretzel with Warm Cheese Sauce</p>	<p>25 minimum day Oven Roasted Turkey and Cheese Melt</p>	<p>26 minimum day Orange Chicken with Brown Rice</p>	<p>27 minimum day Crispy Chicken Nuggets</p>	<p>Calories 664 Protein 26.34 Fiber 4.70 Carbs 97.08 Iron 4.66 Calcium 423.3 % of Calories Vitamin A 1181 Tot. Fat 21.07 Vitamin C 35.79 Sat. Fat 5.53</p>

* = 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

USDA and DMUSD are Equal Opportunity Providers and Employers



Heart Healthy Diet



Heart Disease can begin in childhood, especially in overweight children, and there is a growing push to target prevention at younger children so they don't develop heart disease as adults.

Your Heart and Nutrition

Making healthy dietary choices may help to improve your health and reduce your risk factors for heart disease and other chronic diseases.

♥ **Eat Fish**

Salmon, herring and sardines are all great sources of mega-3 fatty acids.

♥ **Choose Healthy Oils and Fats**

Saturated fats increase your risk of heart disease and are found in meat, butter and coconut oil. Monounsaturated fats like olive oil will help to protect your heart.

♥ **Get Plenty of Fiber**

Soluble fiber, like the fiber found in oats and oatmeal, will help to control your cholesterol. Fiber found in whole-grain products will help to control sugar absorption, will help to keep you feeling full, and will keep your digestive system healthy.

♥ **Add Soy**

Soy is a great addition to a heart healthy diet. You can add soy milk, tofu, soy-beans, or use soy flour in recipes.

♥ **Limit Salt Intake** to less than 6 g a day.

♥ **Limit Sugar Intake**

Recommendations also include being physically active each day. Avoid second-hand smoke and encourage children to never start smoking.

Shake-It-Up Chicken Nuggets

American Heart Association Kids' Cookbook, 1993

Serves 4; 4 nuggets per serving

Ingredients

- 1-3/4 cups herb-seasoned crumb stuffing mix
- 1/4 cup grated Parmesan cheese
- 3 tablespoons margarine
- 1/4 cup low-fat buttermilk
- 1/4 teaspoon ground black pepper
- 2 boneless, skinless chicken breasts (approximately 1 pound)

Instructions

1. Preheat oven to 450 degrees F.
2. Measure stuffing mix into resealable plastic bag. Seal bag and place on flat surface. Crush crumbs by rolling and pressing rolling pin over bag.
3. Open bag and add Parmesan cheese. Reseal bag and shake to mix.
4. Melt margarine.
5. Place melted margarine, buttermilk, and pepper in medium shallow bowl. Stir well. Set aside.
6. Rinse chicken breasts and pat dry with paper towels.
7. Place chicken breasts on cutting board. Cut chicken with small, sharp knife into 16 chunks of the same size.
8. Dip each chicken chunk into buttermilk mixture, covering all sides. Let extra buttermilk mixture drip off. Place 3 dipped chunks at a time into bag of crumbs. Seal bag tightly and shake until chicken pieces are evenly coated with crumbs.
9. Place coated nuggets on an ungreased baking sheet.
10. Place baking sheet in oven. Bake nuggets 4 minutes.
11. With oven mitts, remove pan from oven. Using tongs, turn over each nugget.
12. Return to oven and bake 4 to 5 minutes, or until medium golden brown.
13. With oven mitts, remove pan from oven. Using tongs, remove nuggets to platter or plates. Serve nuggets immediately.

Why is Valentine's Day the best day for a celebration? *Because you can really party hearty!*