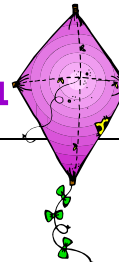
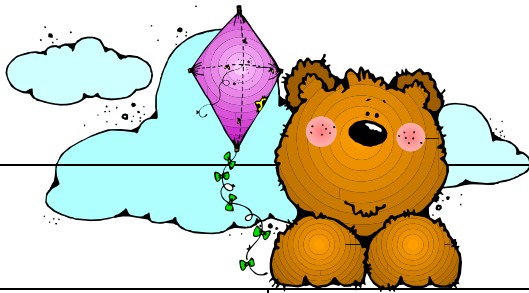


March 2009 Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information
2 Crispy Chicken Sandwich	3 * Creamy Mac & Cheese	4 Chicken Corn Dog	5 Teriyaki Chicken with Brown Rice	6 Crunchy Chicken Strips	Calories 741 Protein 32.07 Fiber 5.17 Carbs 100.20 Iron 5.88 Calcium 439 % of Calories Vit. A (RE) 1185 Tot. Fat 25.40 Vit. C 35.18 Sat. Fat 6.32
9 Mini Cheeseburgers	10 *Breadsticks Stuffed with Reduced-Fat Mozzarella Cheese	11 Chicken Double Dogs	12 Orange Chicken with Brown Rice	13 Chicken Nuggets	Calories 676 Protein 27.69 Fiber 4.47 Carbs 98.72 Iron 4.85 Calcium 449.80 % of Calories Vit. A (RE) 1150 Tot. Fat 20.79 Vit. C 34.92 Sat. Fat 5.56
16 Fiesta Chicken Tacquitos	17 Luck of the Irish Day *Clover Leaf Soft Pretzel with Warm Cheese Sauce	18 Munchin' Mini Chicken Corn Dog	19 Teriyaki Beef Dippers with Brown Rice	20 Poppin' Popcorn Chicken	Calories 665 Protein 25.66 Fiber 5.14 Carbs 96.42 Iron 5.48 Calcium 437.70 % of Calories Vit. A (RE) 963 Tot. Fat 21.94 Vit. C 38.89 Sat. Fat 5.32
23 Hamburger	24 *Cheese Pizza Bagel	25 Tasty Turkey Hot Dog	26 Orange Chicken with Brown Rice	27 Crispy Chicken Nuggets	Calories 655 Protein 26.88 Fiber 4.13 Carbs 93.62 Iron 4.67 Calcium 449.30 % of Calories Vit. A (RE) 1156 Tot. Fat 21.31 Vit. C 35.62 Sat. Fat 5.84

Entrees are Baked (not fried)

* = Vegetarian Entrees

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

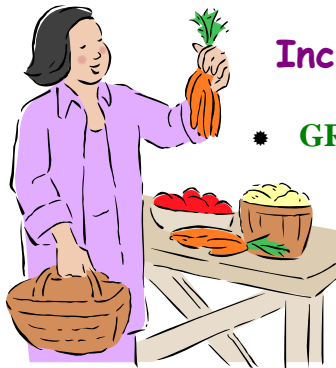
- 1% Plain
- Fat Free Chocolate Milk



All Menus Subject to Change

USDA and DMUSD are Equal Opportunity Providers and Employers

March is National Nutrition Month



Include All the Food Groups:

* GRAIN GROUP

Grain Group foods give us carbohydrates. Carbohydrates give us the energy we need to play, learn, sleep and keep our bodies running 24-7!

Grain Group Foods come from many different grain plants: wheat, oats, rye, barley and rice. “Whole-grains” like whole-wheat bread, also provide fiber and other substances that help keep us healthy. Fiber also helps us digest our food.

It’s important to choose **whole-grain** foods from this group.

There are many foods to choose from in the Grain

Group: Bread: white, wheat, rye, buns, rolls, muffins, bagels • Cereals: hot and cold • Rice: all kinds • Pasta: spaghetti, macaroni, noodles • Tortillas • Crackers • Pancakes

* FRUIT AND VEGETABLE GROUPS

Foods in the Fruit and Vegetable Groups give us vitamin A that helps us see in the dark. Vitamin A also helps to keep our skin healthy. They also provide:

- * Vitamin C, which helps heal cuts and bruises and fights infections; Fiber, which helps us digest our food; Substances called “phytochemicals” that help prevent diseases.

Some foods in the Vegetable Group are: Corn • Lettuce • Carrots • Broccoli • Peas • Green Beans • Celery • Potatoes

Foods in the Fruit Group Include: Apples • Oranges • Bananas • Pears • Grapes • Kiwi • Berries • Strawberries • Blueberries • Raspberries • Melons • Pineapple • Papaya

* MILK GROUP

Did you know your body has 206 bones that are alive and growing? You’ll eventually have 32 permanent teeth! Milk Group foods provide calcium that helps build strong bones and teeth. They also provide other important nutrients, including protein, vitamin A, vitamin D, and B vitamins.

Build strong bones with these foods in the Milk Group:

Milk • Flavored Milk • Yogurt • Cheese • Pudding

* PROTEIN GROUP

Stand up and take a step. You just used 54 muscles! Your muscles hold your bones together and make them move. Protein group foods help build strong muscles. Food in this group also provides iron. Iron is important because it carries oxygen to all parts of your body, helps prevent infections and anemia that can make you feel tired, and helps your body make energy to get you through busy days.

Build muscles with these Protein Group foods: Beef •

Pork • Chicken and Turkey • Fish • Dried Beans and Peas • Peanut Butter • Eggs • Nuts

Kids: After learning about the above food groups with your parents, can you name some of your favorite foods in each group?