

# March/April 2009 Lunch Menu



spring

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information
30 <b>Crispy</b> Chicken Sandwich	31 *Creamy Mac & Cheese				



APRIL



	 <b>April Fools Day</b> 1 Chick'N Giggles Shaped Chicken Nuggets	2 Teriyaki Chicken with Brown Rice	3 <b>Crunchy</b> Chicken Strips	Calories 687 Protein 30.90 Fiber 5.08 Carbs 95.32 Iron 5.56 Calcium 427.04 % of Calories Vitamin A(RE)1145 Tot. Fat22.38 Vitamin C 35.19 Sat. Fat 5.53	
SPRING BREAK 6	SPRING BREAK 7	SPRING BREAK 8	SPRING BREAK 9	SPRING BREAK 10	
13 Mini Cheese Burgers	14 *Breadsticks Stuffed with Reduced-fat Mozzarella Cheese	15 <b>Marvelous</b> Mini Chicken Corn Dogs	16 Orange Chicken with Brown Rice	17 Chicken Nuggets	Calories 669 Protein 27.19 Fiber 4.45 Carbs 97.22 Iron 4.79 Calcium 452.4 % of Calories Vitamin A(RE)1143 Tot. Fat20.92 Vitamin C 34.82 Sat. Fat 5.21
20 <b>Fiesta</b> Chicken Taquitos	21 *Soft Pretzel with Cheese Sauce	22 Double Chicken Dogs	23 Teriyaki Beef Dippers with Brown Rice	24 <b>Poppin'</b> Popcorn Chicken	Calories 669 Protein 26.03 Fiber 5.08 Carbs 98.41 Iron 4.80 Calcium 402.20 % of Calories Vitamin A(RE)1144 Tot. Fat21.44 Vitamin C 36.09 Sat. Fat 5.22
27 Hamburger	28 *Cheese Pizza Bagel	29 Chicken Corn Dog	30 Orange Chicken with Brown Rice	MAY 1 <b>Crispy</b> Chicken Nuggets	Calories 657 Protein 26.69 Fiber 4.11 Carbs 93.42 Iron 4.70 Calcium 443.20 % of Calories Vitamin A(RE)1155 Tot. Fat21.48 Vitamin C 35.52 Sat. Fat 5.85

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

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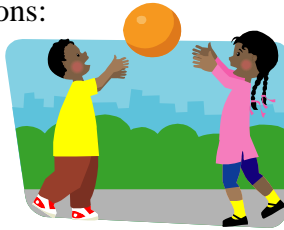
# SNACK ATTACK!



## After School Snacks

You may be surprised to know that children actually need snacks. Their stomachs are small, so they can't get all the food and nutrients they need in just three meals a day. The trick is to give your child a snack that's both healthy and filling so he will be able to wait until dinnertime to eat again.

Try giving your child a choice of snacks when he comes home. Following are some nutrition-packed options:



## 15 Healthy Snacks for Kids:

- Peel a banana and dip it yogurt. Roll in crushed cereal and freeze.
- Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy the "ants on a log".
- Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
- Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
- Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
- Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.

- Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
- Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
- Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
- Spread peanut butter on apple slices.
- Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
- Make a mini-sandwich with tuna or egg salad or a dinner roll.
- Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
- Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
- Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.

### Snack Jokes:

What did the hungry computer eat?  
*Chips, one byte at a time.*

Why did the student eat his homework?  
*The teacher told him it was a piece of cake.*

