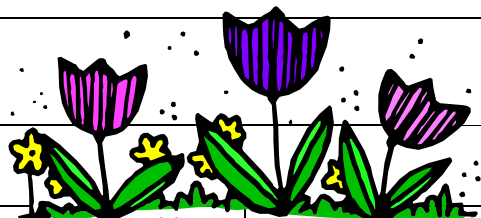


May 2009 Lunch Menu



MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information
	April showers bring May flowers...			May Day! 1 Crispy Chicken Nuggets	
MINI DAY 4 Mini Cheese Burgers	Cinco De Mayo 5 HOMEMADE *Bean & Cheese Burrito	6 Crunchy Chicken Corn Dog	7 Teriyaki Chicken with Brown Rice	MOTHER'S DAY 8 Heart-Shaped Chicken Nuggets & Super Star Grahams	Calories 683 Protein 27.23 Fiber 5.70 Carbs 97.90 Iron 4.72 Calcium 442.26 % of Calories Vitamin A 6094 Tot. Fat 22.24 Vitamin C 35.47 Sat. Fat 5.99
11 Crispy Chicken Sandwich	NEW! 12 *Chicago Style Cheese Pizza Strip	Jungle Day 13 Wild Animal Chicken Nuggets & Jungle Crackers	14 Orange Chicken with Brown Rice	15 Crispy Chicken Nuggets	Calories 654 Protein 25.94 Fiber 4.25 Carbs 93.16 Iron 4.38 Calcium 417.79 % of Calories Vitamin A 5950 Tot. Fat 21.56 Vitamin C 34.85 Sat. Fat 5.30
18 HAPPY Hamburger	19 *Soft Pretzel with Cheese Sauce	20 munchin' Mini Chicken Corn Dog	21 Teriyaki Beef Dippers with Brown Rice	Memorial 22 Star-Shaped Chicken Nuggets & Star Graham Crackers	Calories 660 Protein 25.66 Fiber 5.01 Carbs 95.40 Iron 4.69 Calcium 419.48 % of Calories Vitamin A 5934 Tot. Fat 21.66 Vitamin C 35.70 Sat. Fat 5.28
HOLIDAY 25 Memorial Day	26 *Cheese Pizza Bagel	27 HAPPY Hamburger	28 Orange Chicken with Brown Rice	29 Crispy Chicken Nuggets	Calories 679 Protein 27.66 Fiber 4.26 Carbs 97.14 Iron 4.99 Calcium 458.01% of Calories Vitamin A 5613 Tot. Fat 22.21 Vitamin C 41.73 Sat. Fat 6.13

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

May Moves



Six to twelve year old kids need physical activity to build strength, coordination, confidence and to lay the groundwork for a healthy lifestyle. Most kids don't mind a daily dose of fitness as long as it's fun.

The National Association for Sports and Physical Education Recommends that School Age Kids:

- Get 1 hour or more of moderate and vigorous physical activity on most or all days.
- Also participate in several bouts of physical activity of 15 minutes or more each day.
- Avoid periods of inactivity of 2 hours or more.

Here Are Some Ways to Keep Your Kids Moving at Home:

- Incorporate physical activity into the daily routine. From household chores to an after-dinner walk, keep your family active every day.
- Allow enough time for free play. Kids can burn more calories and have more fun when left to their own devices. Playing tag, riding bikes around the neighborhood and building forts are fun and healthy.

- Keep a variety of games and sports equipment on hand. It doesn't have to be expensive – an assortment of balls, hula-hoops and jump ropes can keep kids busy for hours.
- Be active together. It'll get you moving and kids love to play with their parents.
- Limit time spent in sedentary activities, such as watching TV, going online, and playing video games.

When you have exhausted the possibilities at home, take advantage of local playgrounds, hiking trails, ice skating rinks, rock climbing gyms and athletic fields. Make family fitness outings part of your regular routine.



Kids who enjoy sports and exercise tend to stay active throughout their lives. Staying fit can help improve self-esteem, maintain a healthy weight, and decrease the risk of serious illnesses such as high blood pressure, diabetes, and heart disease.



Sport Joke:

Why don't chickens play sports?
Because they hit fowl balls.