





June 2009 Lunch Menu



June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information
All Sports 1 Day Football-Shaped Chicken Nuggets & Sparty Grahams	2 *Breadsticks Stuffed with Creamy Reduced-fat Mozzarella Cheese	3 Picnic Fun Turkey Hot Dog 	4  Teriyaki Chicken with Brown Rice	Fun Frozen 5 Fruit Friday Crunchy Chicken Strips	Calories 681 Protein 31.01 Fiber 5.23 Carbs 96.04 Iron 5.45 Calcium 444.3 % of Calories Vitamin A(RE) 133 Tot. Fat 21.43 Vitamin C 35.16 Sat. Fat 5.25
Beach Day! 8 Bubble-Shaped Chicken Nuggets & Goldfish Crackers	9 * Cheese Pizza Bagel	10 Crispy Chicken Sandwich 	Last Day 11 of School Celebration Hamburger	12 	Calories 669 Protein 30.37 Fiber 4.50 Carbs 89.97 Iron 5.39 Calcium 439.5 % of Calories Vitamin A(RE) 114.8 Tot. Fat 22.94 Vitamin C 35.73 Sat. Fat 5.95

Entrees are Baked (not fried)



DAILY:



* = Vegetarian Entrees

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

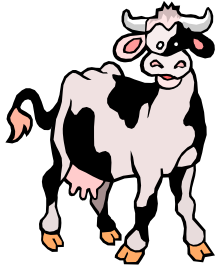
- 1% Plain
- Fat Free Chocolate Milk



All Menus Subject to Change

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JUNE IS NATIONAL DAIRY MONTH



Milk contains many vitamins and minerals, most notably calcium and Vitamin D. Calcium is a mineral used by the body for bone building and repair. It also plays a role in the maintenance of normal blood pressure and blood clotting.

Calcium helps the body utilize fat as energy, and recent studies have shown a link between calcium intake and body weight – consuming enough calcium may help keep healthy body weight.

Vitamin D is not naturally present in milk, but is added during processing because it helps the body absorb calcium. Vitamin D has been shown to prevent rickets, a crippling bone disorder that normally affects children. We also get vitamin D from exposure to sunlight. Getting enough calcium is most important for children, as it helps bones grow normally and can ensure peak bone mass is reached before entering adulthood.

How Much Calcium Do You Need Daily?

Age 6 – 8 Years: 800 mg., or 3 cups of non-fat milk

Age 9 – 18 Years: 1,300 mg., or 4 to 5 cups of non-fat milk

Age 19 to 50 Years: 1,000 mg., or 3+ cups of non-fat milk



SOLVE THESE CHEESE RIDDLES:

1. What kind of cheese is “made” backwards?
2. What kind of cheese needs repair?
3. What kind of cheese gets furniture?
(answers below)

1. EDAM CHEESE 2. SWISS CHEESE. It's full of holes. 3. COTTAGE CHEESE

Tips: Try these tips to help ensure your child gets enough bone-building calcium:

- **Offer milk at meals, and let the child decide to drink it.** Pressure to eat any one particular food will likely back-fire in the long run. If at first it's not accepted, keep trying while mixing in high-calcium foods such as low or non-fat yogurt, cheese, calcium-fortified orange juice, green leafy vegetables, or edamame (green soybeans fresh or frozen).
- **Include dairy at breakfast.** In addition to milk, cottage cheese may be topped with apple butter, a grilled cheese sandwich on whole-wheat toast, or grab a string cheese to go.
- **Cook with milk.** Use it to make oatmeal or hot chocolate instead of water.
- **Make it yummy.** Blend equal parts 1% milk, low-fat vanilla yogurt, and whole berries for a delicious smoothie.
- **Don't forget snacks.** Offer calcium-rich snacks like cheese with whole wheat crackers, string cheese, yogurt with fruit and cereal with milk.

Steve Baldwin, MS. RD

DAIRY JOKES:

What do you call a cow in an earthquake?

A milkshake!

