

SEPTEMBER/OCTOBER 2009 Lunch

September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information																								
<p>28 Fall! No School</p>	<p>29 Cheesy Pizza Bagel</p>	<p>BASEBALL DAY 30 Homerun Hot Dog (Turkey) Frozen Lemonade</p>																											
<p>OCTOBER</p>																													
<p>5 Homemade Bean & Cheese Vegetarian Burrito</p>	<p>6 Crustless Grilled Cheese (Reduced Fat Cheese)</p>	<p>7 Be a Star!! Hamburger Served with Star Potatoes!</p>	<p>8 Bite-Sized Orange Chicken with Brown Rice</p>	<p>9 Frozen Fruit Friday Popcorn Chicken & FROZEN FRUIT</p>	<table border="0"> <tr><td>Calories</td><td>716</td><td>Protein</td><td>31.86</td></tr> <tr><td>Fiber</td><td>4.67</td><td>Carbs</td><td>100.32</td></tr> <tr><td>Iron</td><td>6.46</td><td></td><td></td></tr> <tr><td>Calcium</td><td>455.4</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>5603</td><td>Tot. Fat</td><td>23.07</td></tr> <tr><td>Vitamin C</td><td>41.84</td><td>Sat. Fat</td><td>5.90</td></tr> </table>	Calories	716	Protein	31.86	Fiber	4.67	Carbs	100.32	Iron	6.46			Calcium	455.4	% of Calories		Vitamin A	5603	Tot. Fat	23.07	Vitamin C	41.84	Sat. Fat	5.90
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<p>12 Columbus Day Discovery Chicken Patty Sandwich</p>	<p>13 Chicago Style Cheese Pizza Strip</p>	<p>14 Mini Chicken Corn Dogs & Whole Grain Graham Snacks</p>	<p>15 Nugget-Sized Orange Chicken with Brown Rice</p>	<p>16 "Crunchy" Chicken Strips</p>	<table border="0"> <tr><td>Calories</td><td>664</td><td>Protein</td><td>26.13</td></tr> <tr><td>Fiber</td><td>5.23</td><td>Carbs</td><td>97.59</td></tr> <tr><td>Iron</td><td>4.76</td><td></td><td></td></tr> <tr><td>Calcium</td><td>465.40</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>6152</td><td>Tot. Fat</td><td>20.50</td></tr> <tr><td>Vitamin C</td><td>39.53</td><td>Sat. Fat</td><td>5.13</td></tr> </table>	Calories	664	Protein	26.13	Fiber	5.23	Carbs	97.59	Iron	4.76			Calcium	465.40	% of Calories		Vitamin A	6152	Tot. Fat	20.50	Vitamin C	39.53	Sat. Fat	5.13
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<p>19 Fiesta Chicken Taquitos</p>	<p>20 Hero DAY! 20 SUPERPRETZEL Soft pretzel filled with cheddar cheese & Save the Day Star Graham Snacks</p>	<p>21 Yum! * Tempting Turkey Burger</p>	<p>22 Teriyaki Chicken with Brown Rice</p>	<p>23 Football Friday Touchdown Chicken Nuggets & Score Graham Crackers</p>	<table border="0"> <tr><td>Calories</td><td>690</td><td>Protein</td><td>27.25</td></tr> <tr><td>Fiber</td><td>5.49</td><td>Carbs</td><td>101.87</td></tr> <tr><td>Iron</td><td>3.80</td><td></td><td></td></tr> <tr><td>Calcium</td><td>388.90</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>5628</td><td>Tot. Fat</td><td>22.02</td></tr> <tr><td>Vitamin C</td><td>34.83</td><td>Sat. Fat</td><td>5.44</td></tr> </table>	Calories	690	Protein	27.25	Fiber	5.49	Carbs	101.87	Iron	3.80			Calcium	388.90	% of Calories		Vitamin A	5628	Tot. Fat	22.02	Vitamin C	34.83	Sat. Fat	5.44
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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

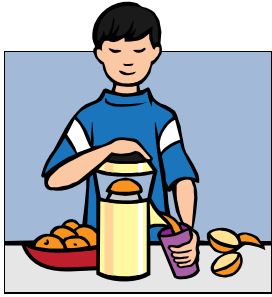


CHOICE OF Moo-ARVELOUS MILK

- 1% Plain
- Fat Free Chocolate Milk



All Menus Subject to Change



Better Breakfast Month

One of the healthy lifestyle habits we can teach our children is eating a healthy breakfast each day.

Breakfast gives children the energy needed to do their best at school and at play. Research shows that by eating a healthy, well-balanced breakfast, filled with vitamins, minerals, fiber, and protein, children:

- Perform better at school
- Do better on tests
- Have more energy for active play
- Need less visits to the school nurse with morning headaches and tummy aches
- Avoid overeating by the time snack time or lunch time rolls around
- Have fewer problems controlling their weight
- Are less likely to develop chronic health conditions as adults
- Learn a healthy habit for life



Yummy, Crunchy Cinnamon-Vanilla French Toast



4 Servings

8 slices whole-grain bread or whole-wheat cinnamon raisin bread (for fun: cut into shapes with cookie cutters!)

2-3 eggs *or* ½ to ¾ cup egg substitute

½ cup 1% milk

1 ½ teaspoon pure vanilla extract

1 teaspoon cinnamon

½ cup cornflake crumbs

cooking spray

optional: grated orange zest

DIRECTIONS: Preheat griddle to 350 degrees. Mix together eggs, milk, vanilla, and cinnamon in shallow bowl. Put cornflake crumbs (add orange zest if using) on separate plate. Dip bread in egg mixture, then cornflake crumbs. Fry on both sides on griddle sprayed with cooking spray until brown and crispy. Serve with fruit compote.

Q: Why did the orange stop rolling down the hill?



A: Because it was out of juice!