

OCTOBER/NOVEMBER 2009 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information																								
26 BOOTIFUL! Mini Cheese-boo-ger	27 Cheese Quesadilla	28 Trick or Treat Turkey Hot Dog	29 Halloween Orange Chicken	30 Spooktacular Popcorn Chicken & Trick or TREAT	<table border="0" style="font-size: small;"> <tr><td>Calories</td><td>691</td><td>Protein</td><td>27.13</td></tr> <tr><td>Fiber</td><td>4.56</td><td>Carbs</td><td>97.59</td></tr> <tr><td>Iron</td><td>5.53</td><td></td><td></td></tr> <tr><td>Calcium</td><td>485.30</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>4992</td><td>Tot. Fat</td><td>23.42</td></tr> <tr><td>Vitamin C</td><td>44.92</td><td>Sat. Fat</td><td>6.83</td></tr> </table>	Calories	691	Protein	27.13	Fiber	4.56	Carbs	97.59	Iron	5.53			Calcium	485.30	% of Calories		Vitamin A	4992	Tot. Fat	23.42	Vitamin C	44.92	Sat. Fat	6.83
Calories	691	Protein	27.13																										
Fiber	4.56	Carbs	97.59																										
Iron	5.53																												
Calcium	485.30	% of Calories																											
Vitamin A	4992	Tot. Fat	23.42																										
Vitamin C	44.92	Sat. Fat	6.83																										

November

2 Chicken Patty Sandwich	3 Yummy Pizza Bagel	4 Mini Corn Dog	5 Teriyaki Beef Dip	6 "Crunchy" Chicken Strips	<table border="0" style="font-size: small;"> <tr><td>Calories</td><td>703</td><td>Protein</td><td>30.29</td></tr> <tr><td>Fiber</td><td>5.06</td><td>Carbs</td><td>97.79</td></tr> <tr><td>Iron</td><td>6.70</td><td></td><td></td></tr> <tr><td>Calcium</td><td>456.60</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>4983</td><td>Tot. Fat</td><td>23.40</td></tr> <tr><td>Vitamin C</td><td>40.34</td><td>Sat. Fat</td><td>5.70</td></tr> </table>	Calories	703	Protein	30.29	Fiber	5.06	Carbs	97.79	Iron	6.70			Calcium	456.60	% of Calories		Vitamin A	4983	Tot. Fat	23.40	Vitamin C	40.34	Sat. Fat	5.70
Calories	703	Protein	30.29																										
Fiber	5.06	Carbs	97.79																										
Iron	6.70																												
Calcium	456.60	% of Calories																											
Vitamin A	4983	Tot. Fat	23.40																										
Vitamin C	40.34	Sat. Fat	5.70																										
9 FLESTA! Bean & Cheese Burrito	10 Cheesy Bread Sticks	11 <i>Veteran's Day Holiday</i>	12 Orange Chicken	13 Chicken Nuggets	<table border="0" style="font-size: small;"> <tr><td>Calories</td><td>687</td><td>Protein</td><td>27.59</td></tr> <tr><td>Fiber</td><td>5.62</td><td>Carbs</td><td>103.91</td></tr> <tr><td>Iron</td><td>4.36</td><td></td><td></td></tr> <tr><td>Calcium</td><td>471.10</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>7009</td><td>Tot. Fat</td><td>19.96</td></tr> <tr><td>Vitamin C</td><td>41.83</td><td>Sat. Fat</td><td>5.37</td></tr> </table>	Calories	687	Protein	27.59	Fiber	5.62	Carbs	103.91	Iron	4.36			Calcium	471.10	% of Calories		Vitamin A	7009	Tot. Fat	19.96	Vitamin C	41.83	Sat. Fat	5.37
Calories	687	Protein	27.59																										
Fiber	5.62	Carbs	103.91																										
Iron	4.36																												
Calcium	471.10	% of Calories																											
Vitamin A	7009	Tot. Fat	19.96																										
Vitamin C	41.83	Sat. Fat	5.37																										
16 Chicken Taquitos	17 New York Cheese Pizza Strip	18 GOBBLE Turkey Burger	19 Teriyaki Chicken	20 Pilgrim Popcorn Chicken	<table border="0" style="font-size: small;"> <tr><td>Calories</td><td>676</td><td>Protein</td><td>28.48</td></tr> <tr><td>Fiber</td><td>5.23</td><td>Carbs</td><td>98.34</td></tr> <tr><td>Iron</td><td>4.39</td><td></td><td></td></tr> <tr><td>Calcium</td><td>441.20</td><td>% of Calories</td><td></td></tr> <tr><td>Vitamin A</td><td>5962</td><td>Tot. Fat</td><td>21.00</td></tr> <tr><td>Vitamin C</td><td>39.88</td><td>Sat. Fat</td><td>5.17</td></tr> </table>	Calories	676	Protein	28.48	Fiber	5.23	Carbs	98.34	Iron	4.39			Calcium	441.20	% of Calories		Vitamin A	5962	Tot. Fat	21.00	Vitamin C	39.88	Sat. Fat	5.17
Calories	676	Protein	28.48																										
Fiber	5.23	Carbs	98.34																										
Iron	4.39																												
Calcium	441.20	% of Calories																											
Vitamin A	5962	Tot. Fat	21.00																										
Vitamin C	39.88	Sat. Fat	5.17																										
<i>no school</i> 23	<i>no school</i> 24	<i>no school</i> 25	Thanksgiving 26	<i>no school</i> 27																									

Entrees are Baked (not Fried)

DAILY:

*=VEGETARIAN ENTREES

CRUNCH & MUNCH SIDES

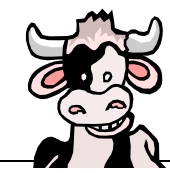
Students may select one or more side item with entrée:

- 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

USDA and DMUSD are Equal Opportunity Providers and Employers

BOO-TIFUL!

Healthy Hall ween

Trick, Treat or Toy?

Researchers from Yale University's Center for Eating and Weight Disorders investigated whether children would choose toys over candy when offered both on Halloween. They observed 284 kids between the ages of 3 and 14. Guess what? Children were just as likely to choose toys as candy, regardless of gender. (J Nutr Educ Behav. 2003 July-Aug; 35 (4):207-9)

Non-Candy Treat Ideas:

- **Party Favors** – Look in the party aisle of your favorite discount store for bulk packs of inexpensive toys.
- **Stickers**
- **Pencils, crayons, markers**
- **Stamps**
- **Notepads**
- **Erasers**
- **Balloons**
- **Balls**
- **Small Games**
- **Services for Parties** – Face painting or balloon-shape making
- **Healthy Muffins**
- **Fun Fruits** – Use gummy worms to decorate fruit

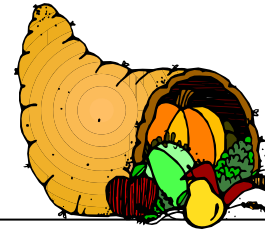


Candy Tips:

- **Choose non-fat candies** such as Smarties, Tootsie Rolls and small pops. Purchase only what you will use.

Halloween Joke: Q: Why did the skeleton go to the barbecue?
A: He needed some spare ribs!

&



Happy Thanksgiving

Fun Turkey Facts

- Male turkeys are called Toms. Female turkeys are called Hens. A baby turkey is called a Poult.
- 95% of Americans eat turkey on Thanksgiving. They eat 535 pounds of it!
- Only Tom turkeys gobble. Female turkeys make a clicking sound.

Easy Pumpkin Pudding

- 1 cup canned pumpkin
- 1 package (4-serving size) sugar-free instant vanilla pudding mix
- 1 teaspoon pumpkin pie spice
- 1-1/4 cups skim milk



Directions: Mix all ingredients together. Place in individual bowls or glasses and chill until set. Serve cold with nonfat whipped cream on top (optional).

Makes 4 servings. Each 2/3 cup serving: 77 calories, 0 g fat, 0 g saturated fat, 2 mg cholesterol, 380 mg sodium, 15 g carbohydrate, 2 g fiber, 4 g protein.

Help the Mouse Find His Pilgrim Hat

