













JANUARY 2010 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information
Happy New Year! 4 Mini Cheese Happy Burgers with Finger Potatoes 	Resolution 5 Cheesy NEW YORK Pizza Strip	In with the New! 6 Chicken Patty Sandwich 	Welcome New Year! 7 Teriyaki Chicken with Brown Rice 	Ring in the New Year! 8 Crispy Chicken Rings 	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
11 Made Fresh Chicken Patty Sliders	12 Crustless Grilled Cheese Sandwich	Yummy 13 Corn Dog Mini Bites (chicken)	14 Orange Chicken with Brown Rice 	15 You're A Star Star-shaped Chicken Nuggets 	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
18 MLK Day Martin Luther King Holiday no school	19 NEW YORK Cheese Pizza Strip 	20 Turkey Burger 	21 Teriyaki Beef Dippers with Brown Rice	22 "Crunchy" Chicken Strips	Calories 673 Protein 27.57 Fiber 4.91 Carbs 95.77 Iron 5.49 Calcium 460.90 % of Calories Vitamin A 4972 Tot. Fat 22.02 Vitamin C 40.29 Sat. Fat 5.69
NEW! 25 FILETA! Cheese Quesadilla	26 Yummy Pretzel and Cheese	27 Hot Diggity Dog (Turkey) 	28 Orange Chicken with Brown Rice	29 Poppin' Popcorn Chicken Nuggets 	Calories 686 Protein 27.40 Fiber 4.59 Carbs 98.67 Iron 5.56 Calcium 472 % of Calories Vitamin A 4992 Tot. Fat 22.25 Vitamin C 40.31 Sat. Fat 6.04

Entrees are Baked (not Fried)

DAILY:

*=VEGETARIAN ENTREES

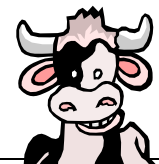
CRUNCH & MUNCH SIDES

- 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

January is National Soup Month



CHICKEN SOUP FOR THE NOSE

It's belly warming, nutritious, a kid favorite — and science says it *will* make you feel better. A study at the University of Nebraska Medical Center suggests that chicken soup can put the kibosh on coughing, sore throat and stuffy nose. When you get a cold, white blood cells called neutrophils migrate to the airways, where they fight infection — and trigger the inflammation that makes you feel icky. Using a family recipe in the lab, pulmonologist Stephen Rennard found chicken soup inhibited neutrophil migration, reducing symptoms while still fighting the cold.

Cynthia Dermody
Readers Digest

SOUP JOKES

Q: How do you turn soup into gold?

A: Put 14 carrots in it!

Q: What kind of crackers did the fireman put in his soup?

A: Firecrackers!



GRANDMA'S LAB-TESTED CHICKEN SOUP

INGREDIENTS:

- 1 5-6 lb. stewing or baking chicken
- 1 package chicken wings
- 3 large onions, peeled and diced
- 1 large sweet potato, peeled and diced
- 3 parsnips, peeled and diced
- 2 turnips, peeled and diced
- 11-12 large carrots, peeled and diced
- 5-6 celery stems, sliced
- 1 bunch parsley, minced; salt, pepper



1. Put cleaned chicken in large pot, cover with cold water, bring to a boil.
2. Add chicken wings, onions, sweet potato, parsnips, turnips and carrots.
3. Boil 1 1/2 hours, remove fat from surface as it accumulates.
4. Add the parsley and celery, cook for 45 minutes, and take out chicken.
5. Remove vegetables, put in food processor until they can pass through a strainer, and return to broth.
6. Skin, dice, return chicken to broth.