

FEBRUARY 2010 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information																				
1 No School	2 Happy Groundhog Day! No School	3 Cheese New York Pizza Strip	4 Teriyaki Chicken with Brown Rice	5 Crispy Chicken Nuggets	<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>Calcium</td> <td>388.90</td> </tr> <tr> <td>Vitamin A</td> <td>5628</td> <td>% of Calories</td> <td>Tot. Fat 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	Vitamin A	5628	% of Calories	Tot. Fat 22.02	Vitamin C	34.83	Sat. Fat	5.44
Calories	690	Protein	27.25																						
Fiber	5.49	Carbs	101.87																						
Iron	3.80	Calcium	388.90																						
Vitamin A	5628	% of Calories	Tot. Fat 22.02																						
Vitamin C	34.83	Sat. Fat	5.44																						
8 FLETA! Chicken Taquitos	9 Crustless Reduced Fat Grilled Cheese Sandwich	10 Yummy Chicken Patty Sandwich 	11 HAPPY VALENTINE WISHES TO YOU! Valentine Nuggets (Heart Shaped Chicken Nuggets)	12 Presidents Day HOLIDAY	<table border="0"> <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>Calcium</td> <td>471.10</td> </tr> <tr> <td>Vitamin A</td> <td>7009</td> <td>% of Calories</td> <td>Tot. Fat 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	Vitamin A	7009	% of Calories	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																						
Vitamin A	7009	% of Calories	Tot. Fat 19.96																						
Vitamin C	41.83	Sat. Fat	5.37																						
15 I LOVE ANSELMA! Presidents Day HOLIDAY	16 Presidents Day Pizza! Cheese Pizza Bagel	17 Corn Dog Mini Bites (Chicken)	18 Orange Chicken with Brown Rice	19 "Crunchy" Chicken Strips	<table border="0"> <tr> <td>Calories</td> <td>686</td> <td>Protein</td> <td>27.40</td> </tr> <tr> <td>Fiber</td> <td>4.59</td> <td>Carbs</td> <td>98.67</td> </tr> <tr> <td>Iron</td> <td>5.56</td> <td>Calcium</td> <td>472</td> </tr> <tr> <td>Vitamin A</td> <td>4992</td> <td>% of Calories</td> <td>Tot. Fat 22.25</td> </tr> <tr> <td>Vitamin C</td> <td>40.31</td> <td>Sat. Fat</td> <td>6.04</td> </tr> </table>	Calories	686	Protein	27.40	Fiber	4.59	Carbs	98.67	Iron	5.56	Calcium	472	Vitamin A	4992	% of Calories	Tot. Fat 22.25	Vitamin C	40.31	Sat. Fat	6.04
Calories	686	Protein	27.40																						
Fiber	4.59	Carbs	98.67																						
Iron	5.56	Calcium	472																						
Vitamin A	4992	% of Calories	Tot. Fat 22.25																						
Vitamin C	40.31	Sat. Fat	6.04																						
22 Turkey Burger Minimum Day	23 Yummy Cheese Bread Sticks Minimum Day	24 Made Fresh Chicken Patty Sliders Minimum Day	25 Teriyaki Beef Dippers with Brown Rice Minimum Day	26 Poppin' Popcorn Chicken Nuggets Minimum Day 	<table border="0"> <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>Calcium</td> <td>456.60</td> </tr> <tr> <td>Vitamin A</td> <td>4983</td> <td>% of Calories</td> <td>Tot. Fat 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	Vitamin A	4983	% of Calories	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																						
Vitamin A	4983	% of Calories	Tot. Fat 23.40																						
Vitamin C	40.34	Sat. Fat	5.70																						

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



POWER FOODS FOR DISEASE PREVENTION



Here are 10 "power" foods that pack a punch when it comes to nutrients and/or phytochemicals (plant substances). These foods may help prevent chronic disease, stroke, diabetes, hypertension and osteoporosis, promote a better quality of life with aging, boost mood and preserve memory.

1. **BROCCOLI**—A cruciferous vegetable, broccoli contains many anti-cancer compounds and antioxidants like vitamin C, beta carotene and selenium. Broccoli also provides fiber, calcium, potassium and folate.

2. **BERRIES**—All berries are rich in Vitamin C (strawberries have the most), fiber (e.g., pectin) and phyto-chemicals which account for their bright colors. Cranberries and blueberries help prevent urinary tract infections.

3. **SQUASH**—Summer squash (e.g., zucchini or yellow) is over 95% water, so it has fewer calories and nutrients than winter squash (e.g., acorn, butternut, pumpkin). All squash contain Vitamin C, potassium, magnesium and fiber. Zucchini also provides lutein and zeaxanthin which may protect against macular degeneration (leads to blindness) and cataracts. Winter squash also contains B-vitamins like folate, iron and beta-carotene.

4. **ORANGES**—Citrus fruits (e.g., oranges, grapefruits, lemons, limes) provide Vitamin C (there's almost a full day's recommended allowance in one cup of orange juice or one medium orange), carotenoids, folate, potassium, calcium and fiber (none in juices). Tangerines contain more beta carotene but less Vitamin C than oranges.

5. **FISH**—Fish provides high-quality protein, B-vitamins, Vitamin D (fatty fish) and minerals (e.g., iron, iodine, phosphorus). Salmon and sardines with bones also contain calcium. Fatty, cold-water fish (e.g., salmon, sardines, tuna, mackerel, trout) are the richest in omega-3 fats. They may protect against heart disease, stroke, cancer and Alzheimer's disease and help treat rheumatoid arthritis, too.

6. **SPINACH**—Spinach provides fiber, lutein, and zeaxanthin, many vitamins like folate, Vitamins C, E and K and betacarotene, and minerals like potassium, calcium and iron. But, oxalic acid in spinach limits absorption of calcium and iron.

7. **TOMATOES**—Rich in the antioxidant lycopene, tomatoes may reduce risk of cancer (e.g., prostate). Cooking tomatoes (e.g., sauce, pizza, soup) reduces more lycopene. Lycopene is fat-soluble, so it is better absorbed when vegetable oil is added (e.g., tomato sauce).

8. **BEANS**—Rich in fiber, beans provide protein, B-vitamins like folate and minerals. Isoflavens may reduce risk of cancer (e.g., breast) and osteoporosis. Only soybeans contain omega-3 fats and complete protein.

9. **NUTS**—Nuts are high in calories (about 160 calories per ounce) and fat, but the fat is mostly heart healthy unsaturated fat. Nuts provide phytochemicals, fiber, folate, Vitamin E, calcium, potassium and magnesium.

10. **WHOLE GRAINS**—Rich in phytochemicals and fiber, whole grains (e.g., bulgur, buckwheat, quinoa, brown rice) also provide B-vitamins, Vitamin E, iron, zinc, magnesium, calcium, potassium and other minerals.

Botanically, a tomato is the ovary, together with its seeds, of a flowering plant: therefore it is a fruit. However, the tomato is not as sweet as those foodstuffs usually called fruits and, from a culinary standpoint, it is typically served as part of a salad or main course of a meal, as are vegetables, rather than at dessert in the case of most fruits. As noted above, the term vegetable has no botanical meaning and is purely a culinary term.

TOMATO JOKES

Q: How do you repair a broken tomato?

A: *Tomato Paste!*

Q: What goes up a fruit and comes down a vegetable?

A: *A tomato ... throw it up and it comes down a squash!*

