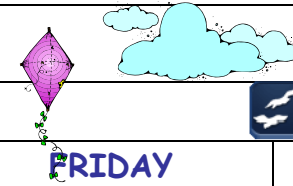



in Like a Lamb
Out Like a Lion.

MARCH 2010 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information
1 Mini Cheese Burgers	2 New York Cheese Pizza	3  Hot Diggity Dog (Chicken)	4  Orange Chicken with Brown Rice	5 CRISPY Chicken Nuggets	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
8  Chicken Taquitos	9 NEW! Cheese Lasagna	10  Chicken Patty Sandwich	11 Teriyaki Chicken with Brown Rice	12 Sports Day Chicken Hoops with Sport Cracker	Calories 663 Protein 27.35 Fiber 5.00 Carbs 96.21 Iron 4.38 Calcium 444.00 % of Calories Vitamin A 6064 Tot. Fat 21.14 Vitamin C 35.68 Sat. Fat 5.40
15 Bagel Dog	16 HOMEMADE Cheese Quesadilla	17  Shamrock Chicken Nuggets	18 Orange Chicken with Brown Rice	19 spring! New York Pizza Strip (First Day of Spring 3/20)	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
22 HOMEMADE Chicken Sliders	23 Cheese Pizza Bagel	24 Mini Corn Dog (chicken)	25 Teriyaki Beef Dippers with Brown Rice	CRUNCHY! Chicken Strips	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

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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FOODBORNE ILLNESS: THE HIDDEN DANGER

About 76 million cases of foodborne illnesses occur in the U.S. each year, mostly in homes. “Foodborne illness” is a catch phrase to describe more than 250 different foodborne diseases. Because the pathogen enters the body through the digestive system, the first symptoms are usually gastrointestinal — nausea, vomiting, abdominal cramps and diarrhea.

HOW FOOD GETS CONTAMINATED

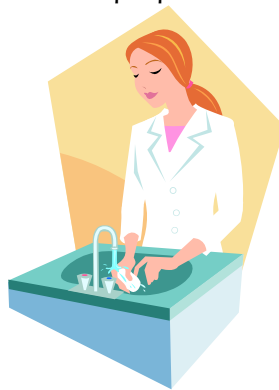
Raw foods from animals — meat and poultry, eggs, shellfish and unpasteurized milk — are the most likely to become contaminated. Unfortunately, as food makes its way from the farm to your guests’ tables, there are many opportunities for it to become tainted. During slaughter, for example, meat can become contaminated with intestinal contents and their bacteria. Or, as is believed to have happened to the E. coli-contaminated spinach crop this year, vegetables and fruits may have been irrigated or rinsed using water containing animal manure or sewage.

Fruits and vegetables that are to be consumed raw are particularly tricky. Washing decreases, but might not eliminate, pathogens.

People are also a source of contamination. Shigella bacteria, hepatitis A virus and Norwalk virus are easily passed to food from the unwashed hands of infected food handlers. Even in your kitchen, microbes can be transferred from knives and preparation surfaces.

IMPORTANT SAFETY PRACTICES:

- Hand washing
- Thorough cooking
- Avoid cross-contamination from juices of raw meat (utensils, prep surfaces, towels and cutting equipment)
Keep raw and cooked foods separate
- Use only pasteurized milk products



- Thaw frozen proteins safely. Always in a refrigerator, never on a countertop
- Wash raw vegetables and fruits thoroughly

Gina Ragone, Food Management



PROPER HANDLING OF FRUITS AND VEGETABLES

- ◆ Don’t wash fruits and vegetables with products that have not been approved for washing produce. Do not use household soaps and detergents
- ◆ Don’t cross-contaminate. Use clean cutting boards and utensils when handling fresh produce. Use green color-coded utensils and cutting boards for fresh produce and a separate color for raw meat, poultry and seafood
- ◆ Cutting boards, dishes, utensils and countertops should be washed with hot, soapy water after coming in contact with fresh produce or raw meat, poultry or seafood
- ◆ Refrigerate fresh produce within two hours of preparing. Discard cut produce left at room temperature for more than two hours

The Pennsylvania State University

JOKES

Q: What’s the worst thing about being an octopus?

A: *Washing your hands before dinner!*



Q: Why did the man stare at the can of orange juice?

A: *Because it said “concentrate”.*

