

APRIL 2010 Lunch

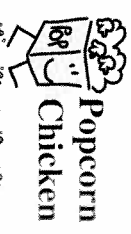


Average Weekly
Nutrient Information

Calories	679	Protein	28.21
Fiber	4.89	Carbs	98.40
Iron	4.78		
Calcium	485.30	% of Calories	
Vitamin A	6558	Tot. Fat	21.71
Vitamin C	43.02	Sat. Fat	6.06

FRIDAY

2 Poppin' Popcorn Chicken



9 Spring Break no school

Springs!

THURSDAY

1 Orange Chicken with Brown Rice



April Fools Day

8 Spring Break no school

WEDNESDAY

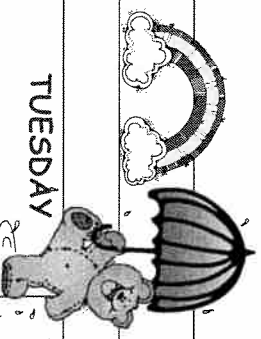
31 **HOMEMADE** Hamburger



7 Spring Break no school

TUESDAY

30 New York Cheese Pizza Strip



6 Spring Break no school

MONDAY

29 Mini Cheesy Breadsticks (high fiber with low fat mozzarella)

5 Spring Break no school

12 **HOMEMADE** Chicken Sliders

13 Cheese Lasagna

20 **NEW!** Cheese Pizza Quesadilla

19 Double Dogs (Chicken)

21 Chicken Patty Sandwich

22 Teriyaki Chicken with Brown Rice

28 Corn Dog

23 **Crunchy*** Chicken Strips

23 **Crispy** Chicken Nuggets

29 Yummy Beef Dippers

30 **Yummy** Chicken Star Nuggets

27 Yummy Cheese Pizza Bagel

28 Yummy Beef Dippers

DAILY:

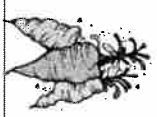
*=VEGETARIAN ENTREES

Entrees are Baked (not Fried)

CHOICE OF Moo-ARVELOUS MILK

- Students may select one or more side item with entrée:
- Variety of fresh and canned fruits
 - Vegetables
 - Snack items

- 1% Plain
- Fat Free Chocolate Milk



All Menus Subject to Change

USDA and DMUSD are Equal Opportunity Providers and Employers

Cooking with Kids

ALPHABET SEASONINGS

Here's a fun way to teach your kids the alphabet and how to season food at the same time. By arranging your spices, herbs, and condiments alphabetically, children who can spell can find them easier – and the little ones who don't yet spell can use this as a fun way to learn the alphabet.

Following is an alphabetical list of a few seasonings and other kitchen items you can taste, smell or explore together:

- A Allspice
- B Basil
- C Cinnamon
- D Dill
- E Egg
- F Fennel
- G Ginger
- H Horseradish
- I Italian Seasoning
- J Jelly
- K Ketchup
- L Lemon
- M Mint
- N Nutmeg
- O Oregano
- P Paprika
- Q Quat
- R Rosemary
- S Sage
- T Thyme
- U Udon (Japanese wheat noodles)
- V Vanilla
- W Worcestershire Sauce
- X Xanthan Gum (used in salad dressings)
- Y Yeast
- Z Zest (the colored outer skin of citrus fruit)



KID COOKING TIPS

1. **Cook with supervision:** It's important to supervise kids when they cook. Kids, make sure to ask your parent for permission before cooking.
2. **Be clean:** Wash and dry your hands and make sure that all cutting and preparation areas are clean before using them.
3. **Protect yourself:** Wear protective clothing, but avoid loose sleeves or clothes that can catch on things. Tie long hair back. Use only dry, high-quality potholders and oven mitts.
4. **Be careful with cold and hot water:** Don't add cold water to a hot pan. Wipe up spilled liquids on floors and counters. Keep electrical appliances away from water and wet hands. Always open a hot pot with the lid pointing away from you to avoid steam burns.
5. **Use a knife properly and carefully:** Keep knives visible when in use, not hidden by a dish towel or in soapy water. Never point a knife at others, and parents, make sure your child's abilities are equally matched to the cutting instrument.
6. **Practice food-handling safety:** Keep hot foods hot and cold foods cold. Avoid cross-contamination of raw and cooked foods.
7. **Keep safety items handy:** Store a first aid kit and fire extinguisher in the kitchen. Know what to do in an emergency.
8. **Don't spill the pot:** Keep pot and pan handles pointed to the center of the stove where they can't be bumped.
9. **Use common sense:** Make sure the oven and all appliances are turned off before leaving the kitchen. Parents, lift heavy items, hot liquids, and anything into or out of the oven by yourself—don't let your children do it. Kids, let parents handle anything that's heavy or hot until they give you permission to do so on your own.
10. **Enjoy yourself:** Be creative, work cooperatively, and have fun!