









MAY 2010 Lunch

April showers
bring May
flowers



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Average Weekly Nutrient Information																								
<p>3</p> <p>Made Fresh Chicken Sliders</p> 	<p>4</p> <p>New York Cheese Pizza Strip</p>	<p>5</p> <p>FIESTA! Cinco De Mayo Cheese Quesadilla</p>	<p>6</p>  <p>Orange Chicken With Brown Rice</p>	<p>7</p> <p>Chicken Nuggets</p> <p>Happy Mother's Day!</p> 	<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></td> <td></td> </tr> <tr> <td>Calcium</td> <td>388.90</td> <td>% of Calories</td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>5628</td> <td>Tot. Fat</td> <td>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	% of Calories		Vitamin A	5628	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	% of Calories																											
Vitamin A	5628	Tot. Fat	22.02																										
Vitamin C	34.83	Sat. Fat	5.44																										
<p>10</p> <p>Bagel Dog (chicken)</p>	<p>11</p> <p>Cheese Lasagna</p>	<p>12</p> <p>Yummy Cheese Pizza Bagel</p>	<p>13</p> <p>BBQ Chicken Dippers with Finger Potatoes</p>	<p>14</p> <p>Crispy Chicken Strips</p>	<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></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																										
<p>17</p> <p>Mini Cheesy Breadsticks (high fiber breadsticks with low fat mozzarella)</p>	<p>18</p> <p>Cheese Pizza Quesadilla</p>	<p>19</p> <p>Chicken Patty Sandwich</p> 	<p>20</p> <p>Teriyaki Chicken with Brown Rice</p> 	<p>Jungle Day 21</p> <p>Zoo Crew Chicken Nuggets Jungle Snack</p> 	<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></td> <td></td> </tr> <tr> <td>Calcium</td> <td>472</td> <td>% of Calories</td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>4992</td> <td>Tot. Fat</td> <td>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	% of Calories		Vitamin A	4992	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	% of Calories																											
Vitamin A	4992	Tot. Fat	22.25																										
Vitamin C	40.31	Sat. Fat	6.04																										
<p>24</p> <p>Mini Cheese Burgers</p> 	<p>25</p> <p>Yummy New York Pizza Strip</p>	<p>26</p> <p>Mini Corn Dog (chicken)</p>	<p>27</p> <p>Beef Dippers with Brown Rice</p>	<p>Poppin'28 Popcorn Chicken</p> 	<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></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																										

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

FITNESS FUN

Eating right and playing hard go together like best friends. Exercise doesn't have to be done all at once. Encourage your youngster to be active throughout the day – small amounts of time will add up! Physical activity builds strength, coordination, confidence and lays the groundwork for a healthy lifestyle.

The National Association for Sports and Physical Education recommends that school-age kids:



- Get one hour or more of moderate and vigorous physical activity daily.
- Also participate in several bouts of physical activity of 15 minutes or more each day.
- Avoid periods of inactivity of two hours or more.

Most kids won't mind a daily dose of fitness as long as it's fun. Here are some ways to put more exercise into your child's routine:

- For some fun exercise, help your child build an obstacle course. Use empty cereal boxes to scoot around, a table to crawl under, a large cardboard box to wiggle through, and a pile of pillows to dive into. The key? Create obstacles for your child to go over, under, through, and around.
- Do active chores together; take the garbage out, vacuum, put away clutter.
- Allow enough time for free play. Kids can burn more calories and have more fun when left to their own devices. Playing tag and riding bikes around the neighborhood are fun and healthy.



- A daily family walk is a great way to get moving. Some families take a walk after dinner. Others plan a morning walk on the weekends. Make the walk more fun by mixing it up: walk one block and skip for the next, or alternate walking fast and slow. You can even sneak in some learning time on your walk. For example, have your child count how many trees you pass or read the signs along the way.

Eating healthy and being active fit together like peanut butter and jelly. Too much jelly or not enough peanut butter can make all the difference in a great sandwich. To be your best, it's important to balance how much you eat with how much you get up and play each day. Make eating well and playing hard balance, like two halves of the perfect sandwich.

ADD FIBER WITH THESE MIX-INS

Top cereal—hot or cold—with:

- Mixed berries, flaxseeds and walnuts
- Dried fruit bits, toasted and chopped pecans & banana slices
- Pear and apple slices, toasted almonds and brown sugar

Fold into egg dishes:

- Diced avocado, red onion, black beans and fresh cilantro
- Diced tomato, capers, red bell pepper and cheese
- Zucchini shreds, diced tomato and grated cheese

