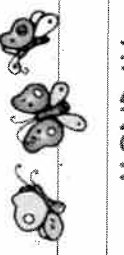
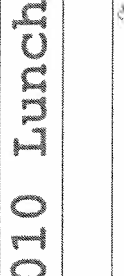
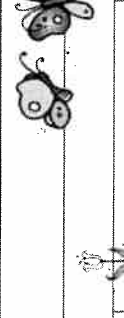
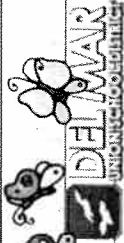


JUNE 2010 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 31 Memorial Day HOLIDAY	1 New York Cheese Pizza Strip	2 Chicken Sliders	 Orange Chicken with Brown Rice	4 Smiley Chicken Nuggets
7 Double Dog (chicken)	8 Cheese Lasagna	9 Cheese Pizza Bagel	10 BBQ Chicken Dippers with Finger Potatoes	11 Crunchy Chicken Strips
14 Happy Hamburger 	15 Cheese Pizza Quesadilla	16 Yummy Mini Corn Dog	17 Happy Summer! Crazy Chicken Day Last Day of School	18

Entrees are Baked (not Fried)
 * = VEGETARIAN ENTREES

CRUNCH & MUNCH SIDES

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



DAILY:

CHOICE OF Moo-ARVELOUS MILK

- 1% Plain
- Fat Free Chocolate Milk

All Menus Subject to Change

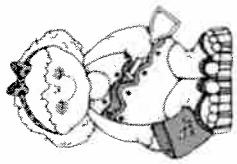
USDA and DMUSD are Equal Opportunity Providers and Employers

Average Weekly

Calories	664	Protein	26.41
Fiber	4.25	Carbs	95.34
Iron	4.34	% of Calories	
Calcium	419.6	Tot. Fat	28.34
Vitamin A	5242	Sat. Fat	7.32
Vitamin C	26.38		

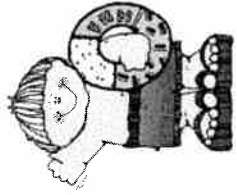
Calories	700	Protein	31.59
Fiber	5.57	Carbs	98.84
Iron	4.72	% of Calories	
Calcium	448.8	Tot. Fat	28.08
Vitamin A	7801	Sat. Fat	7.70
Vitamin C	41.59		

Calories	672	Protein	29.86
Fiber	5.38	Carbs	89.18
Iron	5.79	% of Calories	
Calcium	443.0	Tot. Fat	29.5
Vitamin A	4301	Sat. Fat	7.68
Vitamin C	60.47		



SUMMER FACTS

"SEVEN SUPER STEPS
FOR SAFE FOOD
IN THE SUMMERTIME"



During the summer months, it is especially important to take extra precautions and practice safe food handling when preparing perishable foods such as meat, poultry, seafood and egg products. The warmer weather conditions may be ideal for outdoor picnics and barbecues but they also provide a perfect environment for bacteria and other pathogens in food to multiply rapidly and cause foodborne illness.

Follow the suggestions below to Fight BAC!® (foodborne bacteria) and reduce the risk of foodborne illness this summer.

Wash, Wash, Wash Your Hands (as in Row, Row, Row Your Boat)

Always, wash your hands with hot, soapy water before and after handling food.

Marinating Mandate

When marinating for ~~low~~ **BARBECUES** of time, it is important to keep foods ~~there~~ **refrigerated**. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Boil used marinade before applying to cooked food.

Hot, Hot, Hot

When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.

Where's the Beef? Chicken and Fish?

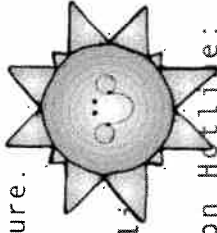
Hamburgers should be cooked to 160° F, while large cuts of beef such as roasts and steaks may be cooked to 145° F for medium rare or to 160° F for medium. Cook ground poultry to 165° F and poultry parts to 170° F. Fish should be opaque and flake easily.

Stay Away from that Same Old Plate

When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.

Icebox Etiquette

A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to insure a constant cold temperature.



For More Information . . .

USDA's Meat and Poultry Hotline:
1-800-535-4555

FDA's Food Safety Information Hotline:
1-888-SAFEFOOD

JOKES

Q: Where did the spaghetti go to dance?
A: The Meat Ball of course!

Q: What is the world's most expensive biscuit?
A: A fortune cookie

