



SEPTEMBER/OCTOBER 2010 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 27 Cheese Pizza Strip	BASEBALL DAY 28  Homerun Hot Dog (Turkey) Frozen Lemonade	29 Teriyaki Beef Dippers w/ finger potatoes 	30 Orange Chicken with Brown Rice	1 Fun Fruit Friday Popcorn Chicken & Fresh Fall Pears
4 Homemade Bean & Cheese Vegetarian Burrito	5 Cheese Lasagna	 6 Hamburger with Star Potatoes	7 All Natural Chicken Nuggets	8 Cheese Quesadilla
11 Teriyaki Chicken with Brown Rice 	12  Mini  Cheeseburgers	13 "Crunchy" Chicken Strips	14 Cheesy Pizza Bagel	15 Fiesta Chicken Taquitos
18 Mini Corn Dogs	19 All Natural Chicken Patty Sandwich	 20 CHEESE LASAGNA	21 Honey BBQ Dippers w/ finger potatoes	 22 Football Friday Touchdown Chicken Nuggets & Score Graham Crackers

All Menus Subject to Change

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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





What is 5 A Day?

5 A Day Means... eating 5 to 9 servings of fruits and veggies every day.

Eating 5 A Day is Easy

- At every meal and snack eat at least one serving of a fruit or vegetable.
- Every day eat at least one **vitamin A** rich fruit or vegetable
- Every day eat at least one **vitamin C** rich fruit or vegetable
- Every day eat at least one high **fiber** fruit or vegetable
- Several times each week eat cruciferous (a.k.a. **cabbage family**) vegetables



Try to consume fruits and vegetables from the five color groups every day. The color groups are RED, ORANGE & YELLOW, GREEN, BLUE & PURPLE and WHITE.

Fruits and vegetables come in all colors of the rainbow, and their colors tell a story about their health-promoting powers.

Red fruits and vegetables promote heart health and urinary tract health. Yellow/ orange may reduce risk of certain cancers. White promotes healthy cholesterol levels. Green promotes vision health, strong bones and teeth. Blue/purple help maintain memory.

Each day try to see how many colors you can add with colorful, health-promoting fruits and vegetables!

RED

Fruits	Vegetables
Cherries	Beets
Cranberries	Red Peppers
Pink/Red Grapefruit	Radishes
Pomegranates	Radicchio
Raspberries	Red Leaf Lettuce
Red Apples	Red Onions
Red Grapes	Red Potatoes
Red Pears	Rhubarb
Strawberries	Tomatoes
Red Watermelon	



ORANGE/YELLOW

Fruits	Vegetables
Apricots	Butternut Squash
Cantaloupe	Carrots
Grapefruit	Pumpkin
Lemons	Rutabagas
Mangos	Sweet Corn
Nectarines	Sweet Potatoes
Oranges	Yellow Beets
Peaches	Yellow Bell Peppers
Pineapples	Yellow Potatoes
Tangerines	Yellow Summer Squash
Yellow Apples	Yellow Tomatoes
Yellow Pears	Yellow Winter Squash



WHITE

Fruits	Vegetables
Bananas	Cauliflower
Brown Pears	Jicama
Dates	Mushrooms
White Nectarines	Onions
White Peaches	Potatoes
	White Corn

**Hey Kids! A. When do you stop at green and go at red?
A. When you're eating a watermelon!**

**B. What happens when you sit on a grape?
B. It gives a little whine!**