

# SEPTEMBER 2010 ELEMENTARY LUNCH MENU

NUTRITION STANDARDS	WEEKLY NUTRITION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DAILY GOAL</b> CAL 645 PRO 9 g IRON 3.3 mg Ca++ 267 mg VIT A 1055 IU VIT C 15 mg FAT <30%	<b>AVERAGE DAILY ANALYSIS</b> CAL 720 PRO 26 g IRON 3.97 mg Ca++ 679 mg VIT A 2587 IU VIT C 21 mg FAT 26%	<b>LABOR DAY HOLIDAY</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
		#May contain peanuts *Contains pork **Check with school for CHO content ~ gm Carbohydrates Menu subject to change	Entrée: Cheese Whole-Grain Stuffed-Crust Pizza 46 gm-  Broccoli Normandy 5 gm- Variety Fruit 18 gm- Scooby-Doo Graham Crackers 20 gm- Milk	Entrée: Chicken Strips 10 gm- with Buttermilk Biscuit 12 gm-  Sweet Potato Rounds 23 gm- Corn 18 gm- Variety Fruit 18 gm- Milk	Entrée: Foot-Long Hot Dog on Bun 41 gm-  Vegetarian Baked Beans 27 gm- Sun Chips 22 gm- Variety Fruit 18 gm- Milk	Entrée: Mini Pancakes 30 gm- with Syrup 31 gm- and Pork Sausage Links* 1 gm-  Relish Sticks 5 gm- Warm Cinnamon Apple Slices 14 gm- Teddy Graham Crackers 10 gm- Milk
		<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
		Entrée: Chicken Giggles 20 gm- with Buttermilk Biscuit 12 gm-  Whipped Potatoes 17 gm- Asian Blend Vegetables 5 gm- Variety Fruit 18 gm- Milk	Entrée: Mini Corn Dogs 21 gm- with Warm Wheat Roll 23 gm-  Macaroni & Cheese 15 gm- Relish Sticks 5 gm- Variety Fruit 18 gm- Milk	Entrée: Walking Tacos: Taco Meat & Cheese 6 gm- Reduced-Fat Cheese Doritos 19 gm-  Shredded Romaine Lettuce and Fresh Diced Tomatoes 3 gm- Vegetarian Refried Beans 10 gm- Variety Fruit 18 gm- Milk	Entrée: Breaded Chicken Breast Chunks 15 gm-  Roasted Potatoes 25 gm- Dark Green Salad 3 gm- with Fat-Free Dressing 10 gm- Variety Fruit 18 gm- Milk	Entrée: Pasta with Spaghetti Sauce** 57 gm- with Cheese Bread 28 gm-  Italian Blend Vegetables 5 gm- Variety Fruit 18 gm- Graham Cracker Bug Bites 23 gm- Milk
		<b>DAILY GOAL</b> CAL 645 PRO 9 g IRON 3.3 mg Ca++ 267 mg VIT A 1055 IU VIT C 15 mg FAT <30%	<b>AVERAGE DAILY ANALYSIS</b> CAL 691 PRO 30 g IRON 4.5 mg Ca++ 583 mg VIT A 2440 IU VIT C 35 mg FAT 27%	<b>20</b>	<b>21</b>	<b>22</b> <span style="background-color: orange;">Local Lunch Day</span>
Entrée: Pepperoni Whole-Grain Stuffed-Crust Pizza* 45 gm-  Broccoli Normandy 5 gm- Variety Fruit 18 gm- Chocolate Chip Cookie 26 gm- Milk	Entrée: Nachos 36 gm- w/Cheese 4 gm- and/or Taco Meat 3 gm-  Shredded Romaine Lettuce 2 gm- with Fat-Free Dressing 10 gm- Vegetarian Refried Beans 10 gm- Variety Fruit 18 gm- Milk			Entrée: Hamburger on Wheat Bun 19 gm-  Vegetable Pasta Salad 6 gm- Fresh Corn on the Cob 14 gm- Variety Fruit 18 gm- Milk	Entrée: Popcorn Chicken 15 gm- with Warm Yeasty Roll 19 gm-  Chicken-Flavored Brown Rice 22 gm- Dark Green Salad with Fat-Free Dressing 10 gm- Variety Fruit 18 gm- Milk	Entrée: Whole Grain French Toast Sticks 56 gm- with Syrup 31 gm-  Potato Rounds 21 gm- Fruit Yogurt 22 gm- Fresh Orange 15 gm- Milk
<b>27</b> <span style="background-color: orange;">Lucky Tray</span>	<b>28</b>			<b>29</b>	<b>30</b>	
Entrée: Teriyaki Chicken 7 gm- with Wheat Dinner Roll 21 gm-  Chicken-Flavored Brown Rice 22 gm- Peas 10 gm- Variety Fruit 18 gm- Milk	Entrée: Italian Dunkers 28 gm- with Dipping Sauce 11 gm-  Fresh Broccoli and Carrot Sticks 5 gm- with Fat-Free Dressing 10 gm- Variety Fruit 18 gm- Orange Cream Sickle 13 gm- Milk			Entrée: Corn Dog on a Stick 38 gm-  Baked French Fries 14 gm- Vegetarian Baked Beans 27 gm- Variety Fruit 18 gm- Milk	Entrée: Chicken Nuggets 13 gm- with Corn Muffin# 20 gm-  Whipped Potatoes 17 gm- Broccoli Normandy 5 gm- Variety Fruit 18 gm- Milk	There are employment opportunities in <b>ISD 196</b> for daily and substitute Food Service positions. To apply, log onto <a href="http://www.district196.org">www.district196.org</a> Click on "Employment". "Start an application..." etc. Or call 651-683-8558. <i>This institution is an equal opportunity provider.</i>
<b>DAILY GOAL</b> CAL 645 PRO 9 g IRON 3.3 mg Ca++ 267 mg VIT A 1055 IU VIT C 15 mg FAT <30%	<b>AVERAGE DAILY ANALYSIS</b> CAL 691 PRO 28 g IRON 3.9 mg Ca++ 512 mg VIT A 2103 IU VIT C 52 mg FAT 24%					

Alternatives: Assorted sandwiches available every day (25 gm CHO). Beginning Sept. 20: On Tuesdays: deli meat and cheese combo with fruit, dinner roll or whole wheat crackers (44 gm CHO). On Wednesdays: chef salad with dinner roll (45 gm CHO). On Thursdays: fruit salad with fruit yogurt and dinner roll (57 gm CHO).  
 White milk 12 gm; Chocolate skim milk 28 gm; Strawberry skim milk 31 gm.