

Samuel Staples Elementary Lunch Menu - January 2012

This Month's Food Focus is...Brown Rice!

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| 2 NO SCHOOL | 3 Hamburger or Cheeseburger w/ Lettuce & Tomato on a Whole Wheat Bun Seasoned Peas and Carrots Chilled Mixed Fruit Fresh Fruit & Veggie Selection | 4 Crispy Chicken Nuggets Whole Wheat Dinner Roll Baby Spinach Salad Chilled Peaches Fresh Fruit & Veggie Selection | 5 Beef Tacos w/ Shredded Romaine Lettuce & Diced Tomatoes Brown Rice & Beans Chilled Pineapple Fresh Fruit & Veggie Selection | 6 Pizza Party! Fresh Baked Cheese or Pepperoni Pizza Tossed Garden Salad Fresh Orange Slices Fresh Fruit & Veggie Selection |
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Weekly Alternate: (B) Garden Salad Shaker with Cheese & Crackers (C) Whole Wheat Bagel FUN LUNCH with Yogurt & String Cheese

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| 9 Pasta with Italian Meat Sauce Whole Wheat Breadstick Romaine Caesar Side Salad Chilled Pears Fresh Fruit & Veggie Selection | 10 Fluffy Pancakes Warm House-Made Fruit Topping Turkey Sausage Patties Fresh Fruit & Veggie Selection | 11 Whole Grain Italian Cheese Dunkers w/ Marinara Dipping Sauce Baby Carrots Sweet Raisins Fresh Fruit & Veggie Selection | 12 Fresh Baked Cheese or Pepperoni Pizza Vegetable Pasta Salad Fresh Orange Slices Fresh Fruit & Veggie Selection | 13 NO SCHOOL |
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Weekly Alternate: (B) Chicken Caesar Salad Wrap (C) Cheerio Bowl FUN LUNCH with Yogurt & String Cheese

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| 16 NO SCHOOL | 17 Chicken Quesadilla Fiesta Brown Rice Bell Pepper Rings Sweet Raisins Fresh Fruit & Veggie Selection | 18 Creamy Macaroni & Cheese Garlic Bread Seasoned Broccoli Fresh Apple Fresh Fruit & Veggie Selection | 19 Sloppy Joe on a Whole Wheat Bun Confetti Coleslaw Oven Baked Potato Wedges Chilled Pineapple Fresh Fruit & Veggie Selection | 20 Pizza Party! Fresh Baked Cheese or Pepperoni Pizza Baby Spinach Salad Fresh Orange Slices Fresh Fruit & Veggie Selection |
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Weekly Alternate: (B) Chef Salad served with a Whole Wheat Dinner Roll (C) Whole Wheat Bagel FUN LUNCH with Yogurt & String Cheese

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| 23 Chicken Patty on a Whole Wheat Bun Roasted Carrot "Fries" Sweet Raisins Fresh Fruit & Veggie Selection | 24 Hot Ham and Cheese on a Whole Wheat Bagel Potato Rounds Chilled Mixed Fruit Fresh Fruit & Veggie Selection | 25 Meatball Grinder Romaine Caesar Side Salad Fresh Pear Fresh Fruit & Veggie Selection | 26 Nachos w/ Seasoned Ground Beef Shredded Cheese, Romaine Lettuce & Salsa Seasoned Brown Rice Chilled Peaches Fresh Fruit & Veggie Selection | 27 Pizza Party! Fresh Baked Cheese or Pepperoni Pizza Tossed Garden Salad Fresh Orange Slices Fresh Fruit & Veggie Selection |
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Weekly Alternate: (B) Turkey and Cheese on Whole Wheat Bread (C) Cheerio Bowl FUN LUNCH with Yogurt & String Cheese

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| 30 Grilled Cheese Sandwich on Whole Wheat Bread Creamy Tomato Soup Carrot Sticks with Ranch Dipping Sauce Fresh Apple Fresh Fruit & Veggie Selection | 31 Baked Ziti Whole Wheat Breadstick Seasoned Broccoli Chilled Pears Fresh Fruit & Veggie Selection | Full Lunch \$2.75 Reduced Price \$0.40 Milk \$0.60 Adult Lunch \$3.50 | MEALS ARE OFFERED W/ CHOICE OF ENTRÉE, ADDITIONAL SERVINGS OF FRUITS AND VEGETABLES, AND LOW FAT WHITE MILK or FAT FREE FLAVORED MILK ALL of our offerings contain ZERO GRAMS OF TRANS FATS per serving |
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Weekly Alternate: (B) Ham and Cheese on Whole Wheat Bread (C) Whole Wheat Bagel FUN LUNCH with Yogurt & String Cheese

Questions? Please call Dave Kennedy (Food Service Director) 203-938-0862





SUPERFOOD OF THE MONTH: BROWN RICE!



Brown is the new white; at least it is when it comes to rice.

Rice is an annual plant that is harvested once a year.

Outer layer called the Bran, protects the seed and is rich in fiber.

Whole grains such as brown rice, helps maintain a healthy body weight.

Nutritionists will tell you, eating whole grains reduces your risk for heart disease stroke & diabetes.

Rice is the second highest worldwide production after corn.

It's the complete grain, including the bran, germ, and endosperm.

Chinese word for rice is the same word used for food.

Enough rice grows in Arkansas, California, Louisiana, Texas, Mississippi and Missouri to rank the USA as the twentieth largest rice producer in the world.

Brown Rice Crispy Treats

(yields about 24 bars)

Ingredients:

- 3 tablespoons unsalted butter
- 1 (10 oz) bag marshmallows
- 6 cups brown rice cereal
- ½ cup dried cranberries or raisins (optional)
- 2 tablespoons sunflower seeds (optional)

Directions:

1. Spray a 13 by 9-inch baking pan with nonstick cooking spray.
2. Melt butter on a large pot over medium heat. Quickly stir in the marshmallows and cook until melted. Remove from heat.
3. Stir in cereal, and dried fruit and seeds, until well-coated and combined. Spray a rubber spatula or wooden spoon with nonstick cooking spray and press mixture evenly into pan. Cool and cut into 2 by 2 inch squares.
4. Pack in air tight containers.



In some parts of the world, the word "to eat" literally means "to eat rice."

Eat whole grain brown rice for a good source of fiber and B vitamins and lots of complex carbohydrates you need for sustainable energy.

