







































Samuel Staples Elementary School Lunch March, 2010


 **Our Award-Winning Chartwells Balanced Choices® Meal Program** highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

 This month's featured menu items **made w/ locally grown produce**

 Part of making healthy diet choices means making $\frac{1}{2}$ of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! **Look for this symbol in the cafeteria to help you identify whole grain foods.**

<p>1 </p> <p>Hot Dog on Whole Wheat Roll</p> <p>Sweet Potato Fries Peas & Carrots</p> <p>Fresh Fruit & Veggies</p>	<p>2 </p> <p>DR. SUESS' BIRTHDAY</p> <p>One Fish, Two Fish Red Fish Blue Fish Fish Sticks Oven Baked Seasoned Fries Veggie Sticks w/low fat dressing Cookie for dessert</p> <p></p>	<p>3 </p> <p>Barilla Pasta Plus </p> <p>Meat sauce Or Marinara Sauce</p> <p>Fresh Tossed Salad</p> <p>Whole Wheat Bread Sticks</p> <p>Fresh Fruit & Veggie Selection</p>	<p>4 </p> <p>Breakfast for Lunch</p> <p>Waffle Sticks</p> <p>Sausage</p> <p>Hash Brown Patty Fruit Selection</p>	<p>5 </p> <p>Fresh Baked Whole Grain Cheese & Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection</p>
<p>Weekly Alternate: (B) Turkey Sandwich  (D) Salad Shaker with Crackers </p>				
<p>8 </p> <p>Cheeseburger on a Whole Wheat Bun Green Bean Salad</p> <p><u>Oven Baked Potato Tots</u></p> <p>Fresh Fruit & Veggie Selection</p>	<p>9 </p> <p>Chicken Nuggets Mashed Potatoes Gravy Steamed Green Beans Whole Wheat Roll</p> <p></p> <p>Fresh Fruit & Veggie Selection</p>	<p>10 </p> <p>Elbow Macaroni w/ Beef & Tomatoes <i>Italian seasoned lean ground beef, tomatoes, and enriched elbow macaroni offered w/ crispy garlic toast</i></p> <p>Golden Seasoned Corn</p> <p>Fresh Fruit & Veggie Selection</p>	<p>11 </p> <p>General Tso Chicken Steamed Brown Rice Egg Roll</p> <p>Chilled Pineapple Fresh Fruit & Veggie Selection</p>	<p>12 </p> <p>Fresh Baked Whole Grain Cheese & Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection</p>
<p>Weekly Alternate: (D) Salad Shaker with Crackers  (E) Junior Ham & Cheese Sub w/lettuce & tomato </p>				
<p>15</p> <p>Chicken Pattie on Whole Wheat Roll Topped w/Lettuce & Tomato</p> <p>Baked Oven Fries Chilled Peaches</p> <p>Fresh Fruit & Veggie Selection</p>	<p>16</p> <p>Parents are invited to join their child for lunch.</p> <p></p> <p>Chicken Lo Mein Steamed Broccoli Egg Roll</p> <p>Chilled Mandarin Oranges</p>	<p>17 </p> <p>Barilla plus Pasta w/ meat sauce or marinara sauce Seasoned Green Beans Whole Wheat Bread Sticks</p> <p>Fresh Fruit & Veggie Selection</p>	<p>18 </p> <p>Chicken Nuggets</p> <p>Brown Rice</p> <p></p> <p>Veggie Sticks w/light ranch dressing Fresh Fruit</p>	<p>19 </p> <p>Fresh Baked Whole Grain Cheese & Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection</p>
<p>Weekly Alternate: (G) Tuna Sandwich  (F) Bagel & Yogurt Cheese and Carrot Sticks  (D) Salad Shaker with Crackers </p>				
<p>22 </p> <p>Corn Dog Nuggets</p> <p>Peas & Carrots</p> <p>Chilled Applesauce</p> <p>Fresh Fruit & Veggie Selection</p>	<p>23 </p> <p>Beef Nachos w/cheese sauce Lettuce & Salsa Steamed Seasoned Brown Rice </p> <p>Fresh Fruit & Veggie Selection</p>	<p>24 </p> <p>Shells w/ meat sauce</p> <p>Whole Wheat Breadsticks Seasoned Green Beans Chilled Fruit Cup Fresh Fruit & Veggie Selection</p>	<p>25 </p> <p>Hot Dog on Whole Wheat Roll</p> <p>Sweet Potato Fries Peas & Carrots</p> <p>Fresh Fruit & Veggie Selection</p>	<p>26 </p> <p>Fresh Baked Whole Grain Cheese & Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection</p>
<p>Weekly Alternate: (E) Ham & Cheese Sandwich  (D) Salad Shaker with Crackers </p>				
<p>29</p> <p>Toasted Cheese on Whole Wheat Bread Chicken & Rice Soup Veggie Sticks w/ low fat dressing</p> <p></p>	<p>30</p> <p>Breakfast for Lunch</p> <p>Waffle Sticks Sausage</p> <p>Hash Brown Patty Fruit Selection</p>	<p>31 </p> <p>Barilla plus Pasta w/ meat sauce or marinara sauce Seasoned Green Beans Whole Wheat Bread Sticks Fresh Fruit & Veggie Selection</p>	<p>Lunch Prices</p> <p>Students: \$2.50 Reduced: .40 Adults: 3.25</p>	<p>Meals are offered w/ choice of entrée, unlimited fruits & vegetables, and skim, low fat or .5% flavored milk. All our offerings contain zero grams of trans fats per serving.</p>

Parents- did you know....?

NONE of our menu items are fried, and ALL of our foods contain zero grams of trans fat per serving! We further reduce unhealthy fats by offering lean meats, white meat chicken, reduced fat cheeses, all natural low fat yogurt, light mayonnaise & salad dressings, and exclusively skim and 1% milk from New England farmers who pledge not to use artificial hormones in their herds. Whole grain menu items are available daily, for example whole wheat bread, bagels, or crackers, brown rice, and whole grain corn taco shells and rounds contain NO hydrogenated oils. We prepare our food without added salt and sugars and are seasoned with herbs, spices, and low sodium broth to make them flavorful. Fish when included on the menu includes only sustainable species. We purchase exclusively cage free shell eggs.  Look for our "Local Flavor" icon on the menu to identify our menu choices made w/ locally grown produce offered at least once a week!

September Food Focus - China

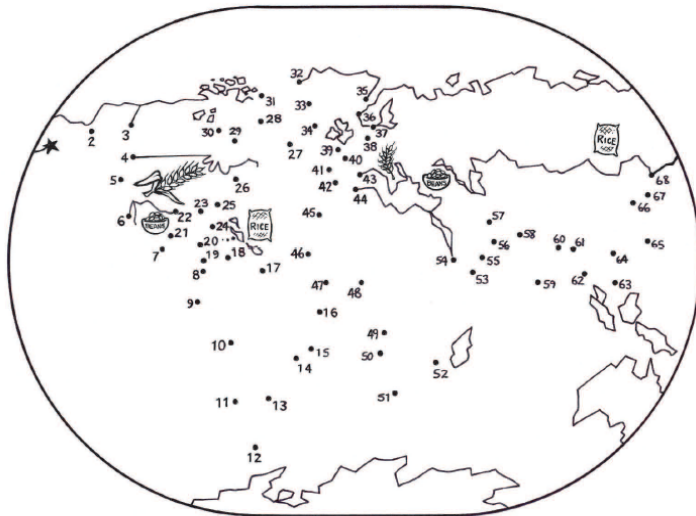
Chinese cooking, like most of Asia, focuses first on a starch like rice or noodles, then adds an accompaniment of meat or seafood, rather than meat first, starch and vegetables second, as found in European-influenced cuisines. Recipes in China are as diverse as the language, with its 80,000 characters, and Chinese immigrants have brought this complex culinary heritage to almost every region of the world.

Traditionally, Chinese culinary characteristics are divided by region. The northern portion of China has a distinct Mongolian influence, characterized by the nomadic simplicity of the fire pot. Since rice is not grown in the north, there is more emphasis on noodles, soybeans and breads. To the south, Cantonese cooking evolved in a rich agricultural region; and local cuisine highlights fresh fruit and seafood. Spicy foods prevail in the western mountain regions of Szechuan and Hunan.

Source: www.globalgourmet.com

DOT-2-DOT

Complete the dot-to-dot and color the picture.



- 1) Did you know that the United States and Italy produce wheat?
- 2) China and the Caribbean produce rice. Can you find them?
- 3) Look for places where they grow beans. Both Mexico and the Mediterranean are producers.

School Foodservice Information

Price: \$2.50 \$ 0.40 reduced*, free* (*if qualified)

No advance registration necessary! All students are welcome every day!

The National School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

