



Prepay for School Lunches Online at mySchoolBucks.com

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Daily Milk Choices

Harvest of the Month
































Network for a Healthy California



COOKED GREENS

Circle all vegetables on the menu.

- How many vegetables are raw?
- How many are cooked?
- What is your favorite cooked vegetable?
- What is your favorite cooked leafy green vegetable?

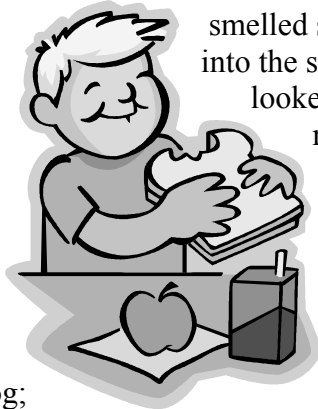
Monday	Tuesday	Wednesday	Thursday	Friday
2 "Tic Tac Toe Day" Tic Tac Toe Chicken Nuggets Criss Cross Fries 	3 Open Face Taco with Shredded Cheese and Salsa Sweet Corn Churro  	4 "Domino's" Cheese Pizza  	5 Build Your Own Burger Fixin's on the Salad Bar Bag of Baked Chips 	6 "Happy Birthday" Tony's Cheese Pizza Birthday Treat  
9 Nachos with Cheese Cup and Refried Beans Churro 	10 Oven Fried Chicken Mashed Potatoes Biscuit 	11 Veteran's Day No School 	12 Foster Farms Mini Corn Dogs Seasoned Corn 	13 Cheese Pizza Wedge Snickerdoodle Cookie  
~ This week's menu planned by Mrs. Musgrave's 3rd/4th grade class at John Adams Elementary ~				
16 Mini Cheeseburger Twins Oven Baked French Fries  	17 Macaroni and Cheese Green Beans Sour Watermelon Juice Bar 	18 "Papa John's" Cheese Pizza  	19 Thirsty Thursday Orange Chicken w/fluffy rice Fortune Cookie Strawberry Splash Milk 	20 Pizza Sticks with Marinara Sauce Chocolate Chip Cookie 
23 "Brunch for Lunch" Glazed Cinnamon French Toast with Sausage Patty or String Cheese Orange Juice  	24 Galaxy Cheese Pizza Green Apple 100% Frozen Juice Bar  	25 No School Student Free Day 	26 Happy Thanksgiving! 	27 Holiday 
30 Max Snax Cheesiest Con Queso Mexican Rice 			Lunch Paid \$3.00 Reduced \$0.40 Milk \$0.50 * Contains Pork **Menu Subject to change	Three Alternative menu choices: 1. Smuckers PBJ Pillow 2. Cup of Yogurt 3. Grilled Cheese Sandwich

School Lunches: Then and Now

My first day as an intern in the dietetic program with Torrance School District involved going to a few of the kitchens to see how the food is prepared and served. Upon entering the first kitchen, flashbacks of those green hot dogs and plastic pizza boats which had sausage that made me envy my friend's bagged lunch ran through my head. I used to hate the days I would forget my lunch at home because I had to eat the cafeteria food. I remember the kids hating the food so much they'd try to sneak it past the lunch lady and into the garbage cans.

Much to my surprise, as I walked through the first kitchen, the food looked delicious! The bread for the sandwiches was nice and fluffy and the whole wheat dinner rolls smelled so good. As I walked further out into the serving area I saw pre made salads that looked fresh and crispy, fluffy Mexican rice, and creamy refried melted cheese on top. As I was walking out the door my stomach me!" The next kitchen was in the middle of serving lunch. The kids were able to choose between a dodger dog from the stadium; a baked potato with melted cheese or cheese and chili, yogurt, peanut butter and jelly sandwich, or a grilled cheese sandwich. After they selected their own entrée they were able to pick their own fruits and vegetables from a vegetable and fruit bar that had fresh watermelon, salad, carrot sticks, and peaches!

I don't remember having the option to choose what I wanted to eat and never had such a variety of fresh fruits and vegetables to pick from. Everything looked so good that when I got back to the office after the last school I had to eat my



lunch! I was very surprised with the improvements in the cafeteria food since I was in elementary school 20 years ago!

Kimberly Ward
Dietetic Intern, Cal State LA
Fall 2009



Did You Know...

- School lunches:
 - Provide 1/3 of your child's RDA (Recommended Dietary Allowance) over the course of one week.
 - Contain less than 30% of calories from fat.
 - Offer the right balance of protein, dairy, whole grains, fruits & vegetables.
- Students who eat school lunches tend to drink less soda and/or fruit drinks.*
- Healthy eating correlates with fewer visits to the school nurse and less absenteeism.

*Source: USDA

