

**DIRECTOR
OF DINING SERVICES
TRACIE POLLOCK**



ROCKWOOD ELEMENTARY LUNCH MENU AUGUST/SEPTEMBER 2009



**Nutritious Definition
of the Month :**
Cholesterol:
Found in high fat foods
that are made from
animals, such as
bacon and butter

LUNCH PRICES

STUDENT PAID \$1.20
STUDENT REDUCED \$0.40
ADULT \$2.50

Please Choose at least **3** of
the **5** items for the school
lunch price!
Entrée, Choice of Two Fruits
and/or Vegetables, Bread &
Daily Choice of Milk,
1%, 2%, Lowfat Chocolate,
and Nonfat

**MENU SUBJECT TO
CHANGE!**

NEW THIS MONTH!

**BACK TO
SCHOOL!!!**

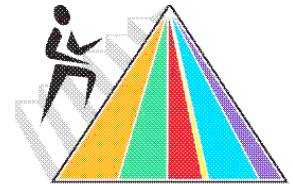
**NEW ITEM NEXT
MONTH!**

**TASTE
OF
AMERICA
MEAL**

**THIS MONTH
COMMISSIONER
NUTRITION
INVESTIGATES—
"APPLES"**



Monday	Tuesday	Wednesday	Thursday	Friday
31 <u>Cheeseburger on a Bun</u> -OR- <u>Pepperoni Hoagie</u> FEATURED FRUIT & VEGGIE Sliced Carrots Mixed Fruit	1 <u>Chicken Niggets with a Roll</u> -OR- <u>Tuna Salad on a Bun</u> FEATURED FRUIT & VEGGIE California Medley Pineapple Tidbits	2 <u>Toasted Cheese Sandwich</u> -OR- <u>Club (Turkey, Ham & Cheese)</u> <u>Hoagie</u> FEATURED FRUIT & VEGGIE Tomato Soup Apple Sauce Fun Size Chips	3 <u>Pasta Cheese Bake w/ Garlic</u> <u>Bread Sticks</u> -OR- <u>BBQ Burger on a Bun</u> FEATURED FRUIT & VEGGIE Tossed Salad with Dressing Peach Slices	4 <u>Soft Beef Taco w/ Toppings</u> -OR- <u>Hot Ham & Cheese on a Bun</u> FEATURED FRUIT & VEGGIE Golden Corn Pear Slices
7 LABOR DAY SCHOOLS CLOSED	8 <u>Texas Toast Turkey, Cheese,</u> <u>Bacon Melt</u> -OR- <u>Chicken Salad & Roll</u> FEATURED FRUIT & VEGGIE Oven Fries Applesauce	9 <u>Chicken Patty on a Bun</u> -OR- <u>Ham & Cheese Wrap</u> FEATURED FRUIT & VEGGIE Mixed Veggies Applesauce	10 <u>Meatball Hoagie</u> -OR- <u>BBQ Rib on a Bun</u> FEATURED FRUIT & VEGGIE Tater Tots Sliced Peaches	11 <u>Oriental Chicken with Rice & Roll</u> -OR- <u>Hot Dog on a Bun</u> FEATURED FRUIT & VEGGIE Steamed Broccoli Mandarin Orange Pieces
14 <u>Hot Meat Sandwich</u> -OR- <u>BBQ Pulled Pork on a Bun</u> FEATURED FRUIT & VEGGIE Mashed Potato & Gravy Peach or Cherry Cobbler	15 <u>Cheeseburger on a Bun</u> -OR- <u>Steak & Cheese Hoagie</u> FEATURED FRUIT & VEGGIE Seasoned Green Beans Pineapple	16 <u>Toasted Texas Cheese Sandwich</u> -OR- <u>Meat & Cheese Hoagie</u> FEATURED FRUIT & VEGGIE Homemade Vegetable Soup Pineapple Tidbits	17 <u>Fish Sandwich</u> -OR- <u>Italian Sausage Sandwich</u> FEATURED FRUIT & VEGGIE Apple Cole Slaw or Potato Salad	18 <u>Homemade Macaroni & Cheese</u> -OR- <u>BBQ Ham on a Bun</u> FEATURED FRUIT & VEGGIE Candied Carrots Diced Pears
21 <u>Hot Ham & Cheese on a Pretzel Bun</u> -OR- <u>Chicken Fajita Sub</u> FEATURED FRUIT & VEGGIE Tater Tots Applesauce	22 <u>Sloppy Joe on a Bun</u> -OR- <u>Hot Dog on a Bun</u> FEATURED FRUIT & VEGGIE Mixed Veggies Assorted Juices	23 <u>Cheeseburger on a Bun</u> -OR- <u>Buffalo Chicken Patty on a Bun</u> FEATURED FRUIT & VEGGIE Oven Fries Applesauce	24 <u>Reuben Sandwich w/ Pickle Spear</u> -OR- <u>Egg Salad on a Bun</u> FEATURED FRUIT & VEGGIE Seasoned Green Beans Pineapple Tidbits	25 <u>Homemade Stomboli w/ Sauce</u> -OR- <u>Tuna Salad on a Bun</u> FEATURED FRUIT & VEGGIE Mixed Vegetables Fruited Jello
28 <u>Chicken Patty on a Bun</u> -OR- <u>Meatball Hoagie</u> FEATURED FRUIT & VEGGIE Scalloped potatoes Peach slices	29 <u>Taco Salad & Roll</u> -OR- <u>Bacon Cheeseburger on a Bun</u> FEATURED FRUIT & VEGGIE Steamed Corn Pears / Apple Churros	30 <u>BBQ Rib on a Bun</u> -OR- <u>Hot Dog on a Bun</u> FEATURED FRUIT & VEGGIE Oven Fries Pineapple Tidbits		



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Fruit Choice May Include:
Apple, Orange, Grapes,
Banana, Pear, Cantaloupe,
Honeydew, Watermelon,
Applesauce, Peach, Fruit
Cocktail, Pineapple, Fruited
Gelatin, or Fruit Juice

Veggie Choice May Include:

Tossed Salad, Potato Salad,
Cole Slaw, Vegetable Salad,
Carrots, Celery,
Cucumber, Tomato, Broccoli,
or Cauliflower

ALTERNATES

P/B & J Sandwich
**Garden Salad with Egg
and a roll**

**Metz
& Associates Ltd.**



This Month, Commissioner Nutrition Investigates National School Lunch Program—Offer vs. Serve Education

**Good nutrition and a balanced diet help kids grow up healthy.
The keys for success to a healthy diet are moderation, balance, and variety.**

The National School Lunch Program provides a variety of healthy choices that must meet 1/3 of the RDA for calories, protein, vitamins & minerals, and no more than 30% calories from fat.

Students are offered all 5 food groups each day— grains, vegetables, fruits, dairy, meats & beans (protein). The students have the option to decline some of the food groups available. However, they must choose at least 3 of the 5 food groups for the meal to be considered a balanced meal.

The cafeteria features at least 3 different fresh fruits and vegetables everyday. The students are able to choose 1 fruit and 1 vegetable as part of their meal. Students have the option to choose the hot vegetable of the day or fresh veggies. They also have the choice of fresh fruit, assorted canned fruit, or 100% fruit juices.

A variety of low fat milk choices are available everyday in the cafeteria.

Whole grain options are available in the cafeteria everyday.

Encourage your child to make healthy choices and choose a variety of foods from each food group so that they receive the daily nutrients needed for health.