

**July  
2009**




**FEED  
EVERY  
CHILD  
EVERY  
DAY**

Menu is subject to change depending upon availability of products.

**Breakfast Menu - Items Served Weekly**

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
Assorted Fresh Fruit Juice Texas Toast Cereal Milk	Assorted Fresh Fruit Juice Pancakes Milk	Assorted Fresh Fruit Juice Graham Cracker Cereal Milk	Assorted Fresh Fruit Juice Texas Toast Cereal Milk	Assorted Fresh Fruit Juice French Toast Sticks Milk


**Lunch Menu**

		<b>Wednesday 1</b>	<b>Thursday 2</b>	<b>Friday 3</b>
		<b>Black Jack Pizza</b>  <b>Tossed Salad</b>  <b>Pineapple</b>  <b>Milk</b>  	<b>Cheeseburger</b>  <b>French Fries</b>  <b>Watermelon Wedge</b>  <b>Milk</b>	<b>No Service</b>  <b>4th of July</b>  <b>Observance Day</b>

**SuperFood of the Month - Berries**

Due to their fabulous taste and nutritional value, berries are the SuperFood of the month. Kids love berries, in fact, over 53% of seven to nine year olds picked strawberries as their favorite fruit ([www.urbanext.uiuc.edu/strawberries/facts.html](http://www.urbanext.uiuc.edu/strawberries/facts.html)). Luckily, strawberries and other berries are very, very good for growing children! Berries are good for growing bodies because:

- One cup of strawberries provides all the Vitamin C a child needs in a day! Other berries like raspberries, blackberries, and blueberries are also high in Vitamin C.
- Blueberries may help the brain. Animals fed blueberries had improvements in balance and coordination ([www.superfoodsrx.com](http://www.superfoodsrx.com)). Current research also suggests people eating 1 cup of blueberries per day do better on motor skills tests. ([www.blueberry.org](http://www.blueberry.org))
- Berries are high in fiber which helps children and adults digest food and keeps the digestive system working properly.
- Blueberries, cranberries, blackberries, raspberries, and strawberries all rank in the top 20 foods highest in antioxidants. Antioxidants can help protect our bodies against illness (Reflections Newsletter, University of Nebraska Cooperative Extension in Lancaster County).

<b>Monday 6</b>	<b>Tuesday 7</b>	<b>Wednesday 8</b>	<b>Thursday 9</b>	<b>Friday 10</b>
Chicken Nuggets	Macho Nacho	Black Jack Pizza	Hotdog	Chicken Sandwich
French Fries	Refried Beans	Tossed Salad	French Fries	Fresh Kiwi
Dinner Roll	Fresh Kiwi	Pineapple	Fresh Strawberries on a Cloud	Vegetable Medley
Fresh Grapes	Milk	Milk	Milk	Milk
Milk				Cookie

**P** - Contains Pork

**V** - Vegetarian

**S** - Super Food

# July 2009






A variety of milk is offered with each meal



A variety of additional fresh fruit and vegetables are offered daily.



Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Pizza Wedge Broccoli Fresh Cantaloupe Milk	Spaghetti w/Breadstick Green Beans Grapes Milk	Black Jack Pizza Tossed Salad Pineapple Milk 	Cheeseburger French Fries Watermelon Wedge Milk	Jalapeno Bean & Cheese Burrito Corn Fresh Kiwi Milk Cookie
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Chicken Nuggets French Fries Dinner Roll Fresh Grapes Milk	Macho Nacho Refried Beans Fresh Kiwi Milk	Black Jack Pizza Tossed Salad Pineapple Milk 	Hotdog French Fries Fresh Strawberries on a Cloud Milk	Chicken Sandwich Fresh Kiwi Vegetable Medley Milk Cookie
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Pizza Wedge Broccoli Fresh Cantaloupe Milk	Spaghetti w/Breadstick Green Beans Grapes Milk	Black Jack Pizza Tossed Salad Pineapple Milk 	Cheeseburger French Fries Watermelon Wedge Milk	Jalapeno Bean & Cheese Burrito Corn Fresh Kiwi Milk Cookie

## Jokes of the Month



What kind of keys do kids like to carry?  
- Cookies.

What do you call a peanut in a spacesuit?  
- An astronaut.



Wanted: Friendly & dedicated people to staff the DPS lunchrooms. Food & Nutrition Services is currently hiring part-time seasonal lunchroom employees. Apply in person at 2320 W. 4th Avenue or contact 720-423-5646 for more details.

# Ask the Dietitian

## What can I do to encourage my child to try a greater variety of fruits and vegetables?

Include your child in shopping for new fruits and veggies. Children like to help and love hands-on activities so have them help you with the preparation of salads and snacks. You could plant a little “salsa garden”—a tomato plant, a pepper plant and some cilantro are all easy to grow, even in pots. The children can help tend the plants, harvest the vegetables and make the salsa! Or you might like to take the family on an outing to a “pick your own” farm. There are several in Colorado and you can find them listed at [www.pickyourown.org/CO](http://www.pickyourown.org/CO). This is a great educational experience for the kids and a fun day for the family. The more children know about fruits and vegetables, the more likely they are to want to try new ones. Remember that it may take several times before a child will try a new food. Just keep offering it and model the behavior you want by eating it yourself.

## Nutrition Facts

July Breakfast			
Nutrient	Average		Target
Calories	607.4		554
Cholesterol	33.6	mg	75
Fiber	2.7	g	4.00
Iron	5.3	mg	2.99
Calcium	342.7	mg	253.85
Vitamin A	1268.9	iu	971
Vitamin C	24.2	mg	12.50
Total Fat	13.3	%	<30%
Saturated Fat	3.3	%	<10%

July 1 - 3					
Elementary Lunch			Secondary Lunch		
Nutrient	Average	Target	Average	Target	
Calories	689.8	627	775.8	785	
Cholesterol	54.9	mg 150	61.3	mg 150	
Fiber	6.3	g 4.5	7.8	g 6.5	
Iron	4.2	mg 3.30	4.8	mg 4.23	
Calcium	449.5	mg 267.00	469.1	mg 370.45	
Vitamin A	1204.3	iu 1000	1584.7	iu 1426	
Vitamin C	40.2	mg 15.00	55	mg 17.42	
Total Fat	20.9	% <30%	23.2	% <30%	
Saturated Fat	5.2	% <10%	5.7	% <10%	

July 6 - 10					
Elementary Lunch			Secondary Lunch		
Nutrient	Average	Target	Average	Target	
Calories	697.7	627	786.2	785	
Cholesterol	35.8	mg 150	41	mg 150	
Fiber	7.7	g 4.5	8.8	g 6.5	
Iron	7.2	mg 3.30	7.6	mg 4.23	
Calcium	508.9	mg 267.00	533	mg 370.45	
Vitamin A	1703.3	iu 1000	2057.1	iu 1426	
Vitamin C	33.5	mg 15.00	43.2	mg 17.42	
Total Fat	21	% <30%	24.4	% <30%	
Saturated Fat	7.5	% <10%	8.2	% <10%	

July 13 - 17					
Elementary Lunch			Secondary Lunch		
Nutrient	Average	Target	Average	Target	
Calories	689.8	627	775.8	785	
Cholesterol	54.9	mg 150	61.3	mg 150	
Fiber	6.3	g 4.5	7.8	g 6.5	
Iron	4.2	mg 3.30	4.8	mg 4.23	
Calcium	449.5	mg 267.00	469.1	mg 370.45	
Vitamin A	1204.3	iu 1000	1584.7	iu 1426	
Vitamin C	40.2	mg 15.00	55	mg 17.42	
Total Fat	20.9	% <30%	23.2	% <30%	
Saturated Fat	5.2	% <10%	5.7	% <10%	

July 20 - 24					
Elementary Lunch			Secondary Lunch		
Nutrient	Average	Target	Average	Target	
Calories	697.7	627	786.2	785	
Cholesterol	35.8	mg 150	41	mg 150	
Fiber	7.7	g 4.5	8.8	g 6.5	
Iron	7.2	mg 3.30	7.6	mg 4.23	
Calcium	508.9	mg 267.00	533	mg 370.45	
Vitamin A	1703.3	iu 1000	2057.1	iu 1426	
Vitamin C	33.5	mg 15.00	43.2	mg 17.42	
Total Fat	21	% <30%	24.4	% <30%	
Saturated Fat	7.5	% <10%	8.2	% <10%	

July 27 - 31					
Elementary Lunch			Secondary Lunch		
Nutrient	Average	Target	Average	Target	
Calories	689.8	627	775.8	785	
Cholesterol	54.9	mg 150	61.3	mg 150	
Fiber	6.3	g 4.5	7.8	g 6.5	
Iron	4.2	mg 3.30	4.8	mg 4.23	
Calcium	449.5	mg 267.00	469.1	mg 370.45	
Vitamin A	1204.3	iu 1000	1584.7	iu 1426	
Vitamin C	40.2	mg 15.00	55	mg 17.42	
Total Fat	20.9	% <30%	23.2	% <30%	
Saturated Fat	5.2	% <10%	5.7	% <10%	