

West Jefferson Hills Elementary School Lunch August/September 2010 Menu

Food Service Director: John Rambo (412)-655-8610 ext. 8 jrambo@wjhsd.net
Add to your child's meal account by logging into: www.payforit.net

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
<u>Chicken Nuggets with a Roll</u> OR <u>Hot Dog on a Bun</u> Celery Sticks Mixed Fruit	<u>Cheesy Pizza</u> OR <u>Nachos Grande</u> Golden Corn Pear Slices	<u>Popcorn Chicken with a Roll</u> OR <u>Meatball Hoagie</u> Oven Fries Peach Slices	<u>Cheeseburger on a Bun</u> OR <u>Pasta w/Sauce and a Roll</u> Salad with Dressing Cinnamon Apple Slices	<u>Flat Bread Pizza (T)</u> OR <u>Taco Salad with Tortilla Chins</u> Baby Carrots Mixed Fruit
6	7	8	9	10
LABOR DAY SCHOOLS CLOSED	<u>Chicken Patty on a Bun</u> OR <u>Hot Dog on a Bun</u> Green Beans Fruited Gelatin	<u>BBQ Rib on a Bun</u> OR <u>Cheesy Macaroni</u> Tater Tots Seedless Watermelon	<u>Cheesesteak Hoagie</u> OR <u>Walking Taco</u> Golden Corn Mandarin Orange Pieces	<u>Homemade Pizza (T)</u> OR <u>Chicken Caesar Salad</u> Mixed Veggies Applesauce
13	14	15	16	17
<u>Chicken Nuggets with a Roll</u> OR <u>Grilled Cheese</u> Tomato Soup Pineapple Tidbits	<u>Hot Dog on a Bun</u> OR <u>Italian Dunker</u> Golden Corn Peach Slices	<u>Popcorn Chicken with a Roll</u> OR <u>Cheese Steak Hoagie</u> Oven Fries Mixed Fruit	<u>Ham & Cheese Pretzel</u> OR <u>Chicken Patty on a bun</u> Salad with Dressing Pear Slices	<u>Taco Pizza (T)</u> OR <u>Nachos Grande</u> Celery Sticks Cinnamon Apples
20	21	22	23	24
<u>Popcorn Chicken with a Roll</u> OR <u>Turkey and Cheese Wrap</u> Green Beans Peach Cup	<u>Chicken Patty on a Bun</u> OR <u>Grilled Cheese</u> Tomato Soup Mixed Fruit	<u>BBQ Rib on a Bun</u> OR <u>Walking Taco</u> Tater Tots Diced Pears	<u>Cheeseburger on a Bun</u> OR <u>Meatball Hoagie</u> Salad with Dressing Applesauce	<u>Homemade Pizza (T)</u> OR <u>Chicken Caesar Salad</u> Baby Carrots Mixed Fruit
27	28	29	30	
<u>Chicken Nuggets with a Roll</u> OR <u>Toasted Cheese Sand.</u> Tomato Soup Peach Slices	<u>Corn Dog on a Stick</u> OR <u>Nachos Grande</u> Golden Corn Cinnamon Apple Slices	<u>Popcorn Chicken with a Roll</u> OR <u>Ham & Cheese Sand</u> Oven Fries Peach Slices	<u>Hamburger on a Bun</u> OR <u>Hot Dog</u> Baked Beans Mandarin Orange Pieces	School Lunch Includes: * Choice of Entrée * Choice of Fruit *Choice of Vegetable *Choice of Milk Choose all 5 food groups for a well-balanced meal.

Student Paid Lunch \$2.05 Tier (Denoted as (T)) \$2.65 Student Reduced Lunch \$0.40 Adult Lunch \$3.25

Don't forget the most important meal of the day - Breakfast - See you in the morning

What's a Meal?

You must choose at least 3 of 5 available for the school lunch price. Entrée, choice of 2 fruits and/or 2 vegetables, bread and choice of milk (1% white, 1% chocolate, 1% vanilla, 1% strawberry & skim)

Menus Subject to Change



**This Month is all about:
Summer Vegetables**

**Visit Commissioner Nutrition on Twitter at:
<http://twitter.com/@CommNutrition>.**



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Nutritious Definition

"LOW CALORIE":
The product has 40 calories or less per serving



www.MyPyramid.gov
Steps to a Healthier

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, Baby Carrots, Celery, Cucumber, Tomato, Broccoli, Cauliflower



Scout the Eco Eagle is Learning About: What is Sustainability?

LEAVE YOUR LUNCH BOX AT HOME!

DAILY ENTRÉE OPTIONS INCLUDE:

Chef Salad w/ Whole Wheat Roll

PB&J w/ Mozzarella Cheese Stick

Yogurt w/ Animal Crackers & Cheese Stick

Italian Hoagie



COMMISSIONER NUTRITION INVESTIGATES SUMMER VEGETABLES

CORN

- An ear of corn averages 800 kernels in 16 rows.
- 1 medium corn on the cob contains about 150 calories.
- Corn calories are a good source of dietary fiber, vitamin C, folate, phosphorus, manganese, vitamin B1, and vitamin B5.
- The "Corn Belt" includes the states of Iowa, Illinois, Nebraska, Minnesota, Indiana, Ohio, Wisconsin, South Dakota, Michigan, Missouri, Kansas and Kentucky.

SUMMER SQUASH

- Squash are fleshy vegetables protected by a hard rind.
- Squash has been a staple for the Native Americans for more than 5000 years, and was a mainstay for early European who settled in America.
- Squash is low in calories, fat and sodium and a good source of fiber and potassium
- Though considered a vegetable in cooking, botanically speaking, squash is a fruit (being the receptacle for the plant's seeds), and not a vegetable.
- 1 cup of slices squash contains 75 calories.

ZUCCHINI

- One zucchini has just 25 calories.
- Zucchini is a small summer squash
- Zucchini originated from Mexico thousands of years ago.
- The flower of the zucchini plant is also edible.
- The world's largest zucchini on record was 69.5 inches long and weighed 65 pounds.

SERVING SUGGESTIONS

- Combine black beans, corn, and roasted red bell peppers. Serve over a bed of salad greens or roll in a lettuce leaf
- Add corn kernels and diced tomatoes to guacamole
- Season grilled corn with chili powder and onion powder and grill
- Grill corn, remove from cob, and mix with chopped tomato, sweet onions, jalapeno pepper and lime juice for a tasty salsa
- For a low calorie snack: organic air popped popcorn
- Roll scrambled egg whites + salsa + avocado in a corn tortilla

Scout the Eco Eagle Focuses on What is Sustainability?



Sustainability is the capacity to endure. In ecology the word describes how biological systems remain diverse and productive over time. For humans it is the potential for long-term maintenance of well being, which in turn depends on the well being of the natural world and the responsible use of natural resources.

Sustainability has become a wide-ranging term that can be applied to almost every facet of life on Earth, from local to a global scale and over various time periods.

Information from <http://en.wikipedia.org/wiki/Sustainability>

Visit Scout the Eco Eagle on Twitter at <http://twitter.com/@ScoutEcoEagle>.