



Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sydney learned about good fats and oils in his laboratory.                      Good fats and oils come from foods like nuts, olives and some fish. Many of the good fats and oils help keep the body healthy and your heart beating as it should.</p> 				
<p>1                      Tony's Pizza (V)                      Cheese Burger or Veggie Burger                      Country Fried Beef Fingers                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>2                      Roast Chicken W/ Parmesan Noodles                      Cheese Quesadilla (V)                      Corn Dog                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>3                      Sweet &amp; Sour Popcorn                      Chicken W/ Rice                      Hot Dog                      Bean &amp; Cheese Burrito (V)                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>4                      Pasta W/ Marinara &amp; Breadstick (V)                      Twin Mini Cheese Burger                      Chicken Nuggets W/ Goldfish Crackers                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>5                      French Toast Sticks W/ Egg or Beef Sausage Patty                      Deli Sandwich W/ Chips                      Chicken Patty on Whole Wheat Bun                      *Fruit &amp; Veggie Bar                      Milk</p>
<p>8                      Turkey Bacon W/ Egg &amp; Blueberry Muffin                      Popcorn Chicken W/ Animal Crackers                      Bean &amp; Cheese Burrito (V)                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>9                      Bagel W/ Cream Cheese &amp; Yogurt (V)                      Cheesy Beef Nachos                      Hot Dog                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>10                      Mac &amp; Cheese (V)                      BBQ Beef Rib Sandwich                      Chicken Nuggets W/ Tater Tots                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>11  <b>Treat Day</b>                      Galaxy Pizza (V)                      Hamburger or Veggie Burger                      Chicken in Gravy W/ Mashed Potatoes                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>12                      Chicken Noodle Soup W/ 1/2 Deli Sandwich                      Corn Dog                      Cheese Quesadilla (V)                      *Fruit &amp; Veggie Bar                      Milk</p>
<p>15  <b>Presidents' Day                      No School</b>  </p>	<p>16                      Tony's Pizza (V)                      Hot Dog                      Chicken Taquitos W/ Spanish Rice                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>17                      Teriyaki Chicken W/ Rice                      Egg Roll W/ Rice &amp; Fortune Cookie (V)                      Cheese Burger                      Veggie Burger (V)                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>18                      Pasta W/ Marinara &amp; Breadstick (V)                      Chicken Nuggets W/ Goldfish Crackers                      Corn Dog                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>19                      French Toast Sticks W/ Egg or Beef Sausage Patty                      Grilled Cheese Sandwich on Whole Wheat Bread (V)                      Fish Nuggets W/ Chips                      *Fruit &amp; Veggie Bar                      Milk</p>
<p>22                      Galaxy Pizza (V)                      Chicken Patty on Whole Wheat Bun                      Twin Mini Cheese Burgers                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>23                      Cheesy Beef Nachos                      Bean &amp; Cheese Burrito (V)                      Hot Dog                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>24                      Beef Soft Taco                      Chicken Nuggets W/ Whole Wheat Roll                      Mac &amp; Cheese (V)                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>25                      Beef Dunkers W/ Rice                      Corn Dog                      Bagel W/ Cream Cheese &amp; Yogurt (V)                      *Fruit &amp; Veggie Bar                      Milk</p>	<p>26                      Chicken Noodle Soup W/ 1/2 Deli Sandwich                      Popcorn Chicken W/ Tater Tots                      Cheese Quesadilla (V)                      *Fruit &amp; Veggie Bar                      Milk</p>

\*Fresh Fruit and Vegetable Bar Offered Daily Featuring:

- Fresh Salad Greens
- Canned fruit
- Baby Carrots
- Raisins
- Fresh Fruit Of The Day

**V = Vegetarian**

All burgers use Whole Wheat breads.

**Lunch:**

**Price: \$3.50 paid, \$0.40 reduced\*, free\* (\*if qualified), \$4.25 adult**

You may qualify for free or reduced price meals. Applications are available at all schools and the Child Nutrition office. For questions regarding the food service program you can call the Child Nutrition office at (925) 824.1809.

The School Lunch Program is operated in accordance with the 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. Food service provided by Chartwells School Dining Services. Menu subject to change without notice.

**Fats and Oils**



When you look at MyPyramid, you will notice that the Fats and Oils portion of the pyramid (the little sliver of yellow) is much smaller than the other food groups. This is because even though fats and oils are necessary, you need less of them in your diet. Sydney likes to learn something new every day, and today was no exception. Did you learn something new about the Fats and Oils food Group?

**How are oils different from solid fats?**

All fats and oils are a mixture of saturated fatty acids and unsaturated fatty acids. Solid fats contain more saturated fats and/or trans-fats than oils. Oils contain more monounsaturated (MUFA) and polyunsaturated (PUFA) fats. Saturated fats, trans-fats, and cholesterol tend to raise "bad" (LDL) cholesterol levels in the blood, which in turn increases the risk for heart disease. To lower risk for heart disease, cut back on foods containing saturated fats, trans-fats, and cholesterol.



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