

# MT. DIABLO UNIFIED SCHOOL DISTRICT

## AUGUST - SEPTEMBER 2010 • TRANSPORT LUNCH MENU

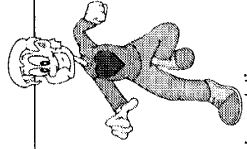
www.mdsd.org/departments/foods-services  
**Student Lunch: \$2.75 (Daily) • \$55.00 (20-Day)**

Menu subject to change. This institution is an equal opportunity provider.

Monday Tuesday Wednesday Thursday Friday

AVG

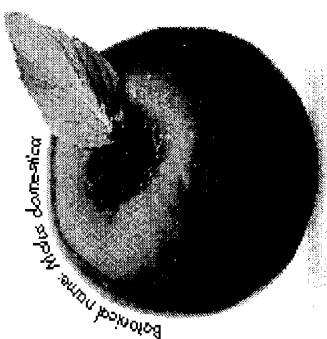
Monday	Tuesday	Wednesday	Thursday	Friday	AVG
<b>30</b> Pepperoni Pizza* Or Turkey Submarine Sandwich Baby Carrots with Ranch Dressing Applesauce	<b>31</b> Chicken Nuggets Or Charbroiled Cheese Burger Potato Smiley Faces Fresh Apple Applesauce	<b>25</b> Chicken Corn Dog Or Deep Dish Pizza Baby Carrots with Ranch Dressing Pineapple & Mandarin Oranges Chewy Fruit Snack	<b>26</b> Chicken Patty Sandwich Or Bean & Cheese Burrito Lettuce, Tomato and Pickle "Bug Bite" Crackers Orange Smiles	<b>27</b> Jalapeno Cheese Nachos Or Fish Nuggets Refried Beans Fresh Broccoli Ranch Dip 100% Whole Fruit Frozen Treat Chilled Peach Cup	<b>NUTRIENTS</b> Calories 675 Iron 3.55 mg Calcium 668.4 mg Vitamin A 2952 IU Vitamin C 89.7 mg Protein 29.2 g Total Fat 30.7 g
<b>6</b> Labor Day	<b>7</b> Mini Cheeseburger Or Shrimp Poppers Potato Salad Fresh Apple Cherry Fruit Cutie Pie	<b>1</b> BRUNCH FOR LUNCH French Toast w/ Syrup Beef Sausage Patty Fresh Banana 100% Orange Juice Raisins	<b>2</b> Teriyaki Beef Strips Or Beef Egg Roll Rice Pilaf Tossed Green Salad Pineapple Chunks Fortune Cookie	<b>3</b> Chicken Taquitos Or Bean & Cheese Burrito Colelaw Fresh Grapes A to Z Bread	<b>NUTRIENTS</b> Calories 659 Iron 3.47 mg Calcium 632.3 mg Vitamin A 169.4 IU Vitamin C 31.4 mg Protein 28.6 g Total Fat 28.1%
<b>13</b> Chicken Nuggets Or Yogurt Parfait Scooby Doo Whole Grain Crackers Fresh Apple 100% Fruit Juice Punch	<b>14</b> Beef Stroganoff Or Giant Chicken Dipper Mashed Potatoes Orange Smiles Choc.Elf Graham Cookies	<b>8</b> Mini Chicken Corn Dogs Or Cheese Quesadilla Tossed Green Salad Pasta Salad Graham Crackers	<b>9</b> HAPPY BIRTHDAY! Pepperoni French Bread Or Pizza* Or Bean & Cheese Burrito Baby Carrots Peach Cup Birthday Cake	<b>10</b> Beef Ravioli Or Max Mozzarella Dippers Pizza Dipping Sauce Aloha Roll Orange Smiles Raw Veggie Sticks 100% Whole Fruit Frozen Treat	<b>NUTRIENTS</b> Calories 662 Iron 3.78 mg Calcium 41.5 mg Vitamin A 3724 IU Vitamin C 60.2 mg Protein 28.0 g Total Fat 30.37%
<b>20</b> Cheese Pizza Or Turkey Submarine Sandwich Baby Carrots with Ranch Dressing Chilled Peach Cup	<b>21</b> Chicken Nuggets Or Sunflower Butter/ Bagel Fruit Plate Mini Bagel Light Cream Cheese Celery Sticks Fresh Sliced Apples	<b>15</b> Cheese Or Pepperoni* Pizza Baby Carrots with Ranch Dressing Applesauce Rice Krispy Treat	<b>16</b> Spaghetti w/ Meat Sauce Or Turkey Taco Pocket Aloha Roll Tossed Green Salad Fresh Kiwifruit	<b>17</b> Hot Dog on a Wheat Bun Or Beef Soft Taco French Fries Fresh Pear Fudge Bar	<b>NUTRIENTS</b> Calories 655 Iron 3.35 mg Calcium 628.6 mg Vitamin A 1846 IU Vitamin C 36.41 mg Protein 31.89 g Total Fat 26.95%
<b>27</b> Mini Chicken Corn Dogs Or Dinosaur Pasta Bowl Focaccia Bread Baby Carrots Pineapple Chunks	<b>28</b> Chicken Nuggets Or Macaroni and Cheese Tossed Green Salad Orange Smiles Animal Crackers	<b>22</b> Hamburger or Cheeseburger on a Wheat Bun Lettuce, Tomato and Pickle French Fries 100% Orange Juice	<b>23</b> Giant Chicken Dipper Or Chicken Corn Dog Dinner Roll Popeye Salad Orange Smiles	<b>24</b> Jalapeno Cheese Nachos Or Beef Soft Taco Refried Beans Fresh Broccoli Fruit Cocktail	<b>NUTRIENTS</b> Calories 655 Iron 3.87 mg Calcium 607.2 mg Vitamin A 1928 IU Vitamin C 48.70 mg Protein 31.17 g Total Fat 31.5%



Low fat yogurt is offered daily as a non-meat choice, contains gelatin. \* Product contains pork.

**Substitutes Needed:** Would you like to work part time, earn extra money and still be off with your children? The Food Services Department is now recruiting substitutes. Substitutes work 2-3 hours a day and earn \$10.44 per hour. Vacant permanent positions are filled from the substitute pool. Call the Personnel Department at (925) 682-8000, ext. 7500 for application information.

**Harvest of the Month**  
 Growing Healthy Students



**APPLE September**

- Apple Activities**
- Circle all of the apples on the menu.
  - How many apple dials you find?
  - How many different ways are apples served?
  - How many apples do you plan to eat this week?

**CHARGE POLICY** MDUSD ALLOWS ELEMENTARY STUDENTS TO CHARGE UP TO TWO LUNCHES. STUDENTS WHO OWE FOR TWO LUNCHES ARE NOT ALLOWED TO CHARGE ADDITIONAL MEALS. THEY WILL BE GIVEN A MILK AND A FRUIT FOR THREE ADDITIONAL DAYS TO HOLD THEM OVER UNTIL THEY GET HOME. IF YOU DO NOT WANT YOUR CHILD TO HAVE CHARGING PRIVILEGES, PLEASE NOTIFY THE CAFETERIA.

