

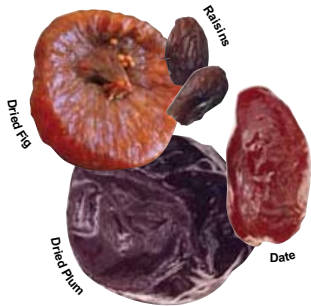
Mt. Diablo Unified School District

www.mdusd.org/departments/foodservices

DECEMBER 2009 • ELEMENTARY LUNCH MENU

Student Lunch: \$2.75 (Daily) • \$55.00 (20-Day)

Harvest of the Month
Growing Healthy Students



Monday	Tuesday	Wednesday	Thursday	Friday	Avg
 7 French Bread Cheese Pizza Or Hamburger on a Whole Wheat Bun Lettuce/Pickle Celery Sticks Fresh Broccoli Lite Ranch Dressing Fresh Tangerine Milk	1 Teriyaki Beef Strips Or Cup of Chili & Warm Flour Tortilla Rice Chilled Pears Box of Raisins Milk	2 Mini Cheeseburger Or Rotini Noodles with Parmesan Cheese Bag of Baby Carrots Homemade Wheat Roll Fresh Tangerine Milk	3 Deep Dish Cheese Pizza Or Mini Chicken Corn Dogs Spinach Salad Fresh Orange Half Chocolate Chip Brownie Milk	4 Chicken Burger with Wheat Bun Or Beef Chili Cheese Burrito Caesar Salad Fresh Red Apple Milk	NUTRIENTS Calories 661 Iron 4.38 mg Calcium 565.35 mg Vitamin A 4186 IU Vitamin C 20.58 mg Protein 28.88 g 17.5% Total Fat 18.74 g 25.5%
7 French Bread Cheese Pizza Or Hamburger on a Whole Wheat Bun Lettuce/Pickle Celery Sticks Fresh Broccoli Lite Ranch Dressing Fresh Tangerine Milk	8 Chicken Taquitos Or Fiesta Bean and Cheese Burrito Fresh Snap Peas Jicama Sticks & Dip Applesauce Milk	9 <i>Menu Planned by Mr. Vandevert's 4th Grade Class at Holbrook Elementary</i> Macaroni and Cheese Or Chicken Nuggets Carrot Sticks Lite Ranch Dressing Fresh Grapes Mini Churro Milk	10 Shrimp Poppers Or Chicken Corn Dog Green Salad w/ Lite Ranch Dressing Croutons Bacon Bits Fresh Kiwifruit Chocolate Graham Cookies Milk	11 Fish Melt on a Whole Wheat Bun Or Giant Chicken Dipper Baked Beans Fresh Orange Half Homemade A-Z Fruit Bread Milk	NUTRIENTS Calories 645 Iron 3.58 mg Calcium 598.44 mg Vitamin A 2637 IU Vitamin C 31.34 mg Protein 31.10 g 19.3% Total Fat 21.37 g 29.8%
14 All Beef Hot Dog on Bun Or Nacho Cheese Cup Corn Tortilla Chips Spinach Salad Fresh Red Apple Holiday Ginger Cookie Milk	15 Fresh Baked Cheese Zombie Or Beef Ravioli Carrot Sticks Fresh Broccoli Lite Ranch Dressing Fresh Orange Half Box of Raisins Milk	16 Chicken Nuggets Or Deep Dish Cheese Pizza Green Salad w/ Lite Ranch Dressing Croutons Bacon Bits Pineapple & Mandarin Oranges Milk	17 Fiesta Bean and Cheese Burrito Rice Carrot Sticks Lite Ranch Dressing Fresh Tangerine Milk	18 Giant Chicken Dipper Homemade Wheat Roll Green Salad w/ Lite Ranch Dressing Peaches Milk	NUTRIENTS Calories 637 Iron 3.78 mg Calcium 546.90 mg Vitamin A 4247 IU Vitamin C 25.70 mg Protein 28.33 g 17.8% Total Fat 19.27 g 27.2%

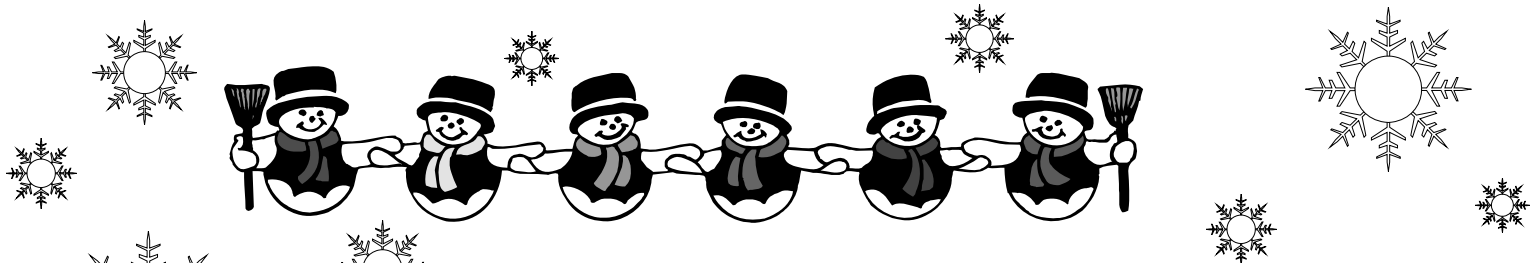
Low fat yogurt is offered daily as a non-meat choice, contains gelatin.

* Product contains pork.

DRIED FRUITS December

Circle all meals with dried or canned fruits in them.
Underline all meals with 100% fruit juice.

- How many meals did you find?
- What is your favorite dried or canned fruit?
- How many school meals do you plan to eat this month?



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.

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.

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