

MT. DIABLO UNIFIED SCHOOL DISTRICT

www.mdusd.org/departments/foodservices

FEBRUARY 2010 • ELEMENTARY LUNCH MENU

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

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

Harvest of the Month
Growing Healthy Students



BROCCOLI | February

Broccoli Activities

Circle all of the meals on the menu that contain broccoli.







- How many meals did you find?
- How many different ways can you think of to eat broccoli?
- How much broccoli do you plan to eat this week?

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE
1 Pepperoni Pizza* Or Turkey Submarine Sandwich Baby Carrots with Ranch Dressing Fruit Cocktail Milk	 2 Chicken Nuggets Or Charbroiled Cheese Burger Potato Smiley Faces Fresh Fuji Apple Milk	3 BRUNCH FOR LUNCH French Toast w/ Syrup Beef Sausage Patty Banana 100% Orange Juice Milk	 4 Teriyaki Chicken on Rice Or Beef Egg Roll w/ Sweet & Sour Sauce Rice Pilaf Tossed Green Salad Pineapple & Mandarin Oranges Fortune Cookie Milk	5 Chicken Taquitos Or Bean and Cheese Burrito Golden Corn Salsa Sour Cream Guacamole Fresh Grapes A to Z Bread Milk	NUTRIENTS Calories 682 Iron 3.59 mg Calcium 625.3 mg Vitamin A 2141 IU Vitamin C 36.4 mg Protein 28.3 gm Total Fat 24.3%
8 Lincoln's Birthday  HOLIDAY	9 Mini Cheeseburger Or Shrimp Poppers Potato Salad Fresh Apple Mini Rice Krispy Treat Milk	10 Mini Chicken Corn Dogs Or Cheese Quesadilla Tossed Green Salad Pasta Salad 100% Apple Juice Milk	11 Pepperoni French Bread Pizza* Or BBQ Chicken Drumstick Baby Carrots with Ranch Dressing Chilled Peach Cup Bear Graham Cracker Milk	12 HAPPY VALENTINE'S DAY Beef Ravioli Or Max Mozzarella Dippers Pizza Dipping Sauce Dinner Roll Fresh Veggie Sticks Orange Smiles Valentine Cookie Milk	NUTRIENTS Calories 664 Iron 3.74 mg Calcium 574.3 mg Vitamin A 3624 IU Vitamin C 57.6 mg Protein 28.3 gm Total Fat 29%
15 President's Day  HOLIDAY	16 Chicken Nuggets Or Fruited Yogurt Trail Mix Scooby Doo Whole Grain Crackers Fresh Apple 100% Fruit Juice Punch Milk	17 Cheese or Pepperoni Pizza* Baby Carrots with Ranch Dressing Applesauce Milk	18 Spaghetti w/ Meat Sauce Or Turkey Taco Pocket Aloha Bread Tossed Green Salad Fresh Kiwifruit Milk	19 Hot Dog on a Whole Wheat Bun Or Bean and Cheese Burrito French Fries Fresh Tangerine Fudge Bar Milk	NUTRIENTS Calories 702 Iron 3.9 mg Calcium 656.9 mg Vitamin A 2300 IU Vitamin C 36.1 mg Protein 29.5 gm Total Fat 25.2 %
22 Cheese Pizza Or Turkey Submarine Sandwich Baby Carrots with Ranch Dressing Fresh Apple Box of Raisins Milk	23 Chicken Tenders Or Sunflower Butter Fruit Plate Celery Sticks Fresh Sliced Apples Mini Bagel w/ Cream Cheese Milk	24 Hamburger or Cheeseburger on a Whole Wheat Bun French Fries Lettuce, Tomato and Pickle Milk	25 Giant Chicken Dipper Or Chicken Corn Dog Broccoli Salad Fresh Banana Crazy Chocolate Cake Milk	26 Jalapeno Cheese Nachos Or Beef Soft Taco Refried Beans Broccoli Florets and Cherry Tomatoes Fruit Cocktail Milk	NUTRIENTS Calories 698 Iron 3.74 mg Calcium 588.6 mg Vitamin A 1727 IU Vitamin C 20.8 mg Protein 30.8 gm Total Fat 30%
Low fat yogurt is offered daily as a non-meat choice, contains gelatin.			* Product contains pork.		