

# MT. DIABLO UNIFIED SCHOOL DISTRICT

## MARCH 2010 • ELEMENTARY LUNCH MENU

www.mdusd.k12.ca.us/foodservices

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

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

# Harvest of the Month

Network for a Healthy California



Botanical name: *Spinacia oleracea*

**SPINACH**  
March

### Spinach Activities

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

- How many meals did you find?
- How many different ways is spinach served?
- Does your school salad bar offer spinach?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE
<b>1</b> Mini Chicken Corn Dogs Or Dinosaur Pasta Bowl w/ Crackers Focaccia Bread Baby Carrots with Ranch Dressing Pineapple Chunks Milk	<b>2 Dr. Seuss' Birthday</b> Chicken Nuggets Or Macaroni and Cheese Tossed Green Salad Orange Smiles Green Egg Cookie Milk	<b>3 BRUNCH FOR LUNCH</b> Cinnamon Mini Waffles Beef Sausage Patty Banana 100% Orange Juice Milk	<b>4 LUCKY TRAY DAY</b> Baked Chicken Drumstick Or Bean and Cheese Burrito Aloha Bread Popeye Salad Chilled Peach Cup Milk <i>Lucky Trays Will Win a Dr. Seuss Book</i>	<b>5</b> All Beef Hot Dog on a Whole Wheat Bun Or Bosco Cheese Pizza Stick w/ Marinara Tater Tots Fresh Tangerine Milk	<b>NUTRIENTS</b> Calories 666 Iron 3.7 mg Calcium 512.8 mg Vitamin A 2174 IU Vitamin C 46.6 mg Protein 25.8 gm Total Fat 27.6%
<b>8</b> Chicken Corn Dog Or Deep Dish Pizza Baby Carrots with Ranch Dressing Fruit Cocktail Chewy Fruit Snack Milk	<b>9</b> Baked Chicken Patty Sandwich Or Bean and Cheese Burrito Lettuce, Tomato and Pickle Orange Smiles Milk	<b>10</b> Mini Cheeseburger Deli Roaster Potatoes Fresh Sweet Potato and Jicama Sticks w/ Ranch Dip  100% Whole Fruit Frozen Treat Milk	<b>11</b> Spaghetti w/ Meat Balls Or Turkey Taco Pocket Aloha Bread Tossed Green Salad Fresh Kiwifruit Milk	<b>12</b> Jalapeno Nachos Or Fish Nuggets Refried Beans Fresh Broccoli Ranch Dressing Chilled Peach Cup Milk	<b>NUTRIENTS</b> Calories 662 Iron 3.7 mg Calcium 566.8 mg Vitamin A 3237 IU Vitamin C 75 mg Protein 29.1 gm Total Fat 26.8%
<b>15</b> Pepperoni Pizza* Or Turkey Submarine Sandwich Baby Carrots Fruit Cocktail Milk	<b>16 BRUNCH FOR LUNCH</b> French Toast w/ Syrup Beef Sausage Patty Banana 100% Orange Juice Milk	<b>17 Happy St. Patrick's Day</b> Chicken Nuggets Or Charbroiled Cheese Burger Potato Smiley Faces Fresh Fuji Apple Shamrock Cookie Milk	<b>18</b> Teriyaki Chicken on Rice Or Beef Egg Roll w/ Sweet & Sour Sauce Rice Pilaf Tossed Green Salad Pineapple & Mandarin Oranges Fortune Cookie Milk	<b>19</b> Chicken Taquitos Or Bean and Cheese Burrito Cooked Corn Salsa Sour Cream Guacamole Coleslaw Salad A to Z Bread Milk	<b>NUTRIENTS</b> Calories 682 Iron 3.6 mg Calcium 625.3 mg Vitamin A 3237 IU Vitamin C 36.4 mg Protein 28.3 gm Total Fat 24.3%
<b>22</b> Mini Cheeseburger Or Shrimp Poppers Potato Salad Fresh Red Apple Mini Rice Krispy Treat Milk	<b>23</b> Macaroni and Cheese Or Tuna Salad on a Croissant w/ Potato Chips Popeye Salad Pineapple & Mandarin Oranges Milk	<b>24</b> Mini Chicken Corn Dogs Or Cheese Quesadilla Tossed Green Salad Pasta Salad Raisins Milk	<b>25 HAPPY BIRTHDAY</b> Pepperoni French Bread Pizza* Or Bean and Cheese Burrito Baby Carrots with Ranch Dressing Chilled Peach Cup Crazy Chocolate Cake Milk	<b>26</b> Beef Ravioli Or Max Mozzarella Dippers Pizza Dipping Sauce Dinner Roll Orange Smiles Raw Veggie Sticks 100% Whole Fruit Frozen Treat Milk	<b>NUTRIENTS</b> Calories 686 Iron 3.4 mg Calcium 615.7 mg Vitamin A 3492 IU Vitamin C 55.8 mg Protein 28.1 gm Total Fat 27.9%
Chicken Nuggets Or Yogurt Scooby Doo Whole Grain Crackers Fresh Apple 100% Fruit Juice Punch Milk	Teriyaki Beef Strips Or Giant Chicken Dipper Mashed Potatoes Orange Smiles Choc. Elf Graham Cookies Milk	Cheese or Pepperoni* Pizza Baby Carrots with Ranch Dressing Chilled Applesauce Raisins Milk			<b>NUTRIENTS</b> Calories 623 Iron 2.7 mg Calcium 664.5 mg Vitamin A 1923 IU Vitamin C 27 mg Protein 28.1 gm Total Fat 25.7%

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.



**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.