

FOOD Friends FUN

October 2010

Barnstable Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	More Info... Breakfast Students: \$1.00 Reduced: .30 Lunch Students: \$2.00 Reduced: .40 Adults: \$2.75 Available Daily: Skim Milk, 1% White, and Reduced Fat and Chocolate. Stop in for breakfast and get a good start to your day!! Questions and Concerns: Please Contact Jason Yelle Foodservice Director yelle-jason@aramark.com Foodservice Office 508.778.0563
27 WG French Toast w/ Sausage links Warm sliced apples	28 Spicy Chicken Parmesan Sandwich Cucumber coins and Baby carrots	29 Mac and Cheese (Cheddar/American) Red grapes or Apricots with topping	30 Grilled Cheese with Soup Carrot & Celery Sticks Cinnamon Applesauce	1 Whole Grain Pizza Caesar Salad Sliced Peaches	
Featuring This Week: Ham and Cheese pocket, Caesar Salad with Chicken, and Sunbutter and Jelly					
4 Meatball Hoagie Baked French Fries Apricots with topping	5 Rib BBQ Sandwich Green Beans Cinnamon applesauce	6 American Chop Suey Baked potato Wedges Peas Baby Carrots	7 ½ Day Teacher In Service	8 Whole Grain Pizza Corn Raisins	
Featuring This Week: Tuna Salad Pocket, Chef Salad, and Sunbutter and Jelly Sandwich					
11 NO SCHOOL Happy Columbus Day	12 Chicken Fajita w/ Brown Rice Mexican Corn Fresh watermelon	13 Whole grain Spaghetti with meatballs Green Beans Garlic Toast	14 Chunky Chicken Gravy w/Mashed Potatoes Peas Whole Wheat Dinner Roll	15 Whole Grain Pizza Tossed Salad Warm Cinnamon Apples	
Featuring This Week: Turkey and American Sand, Garden salad w/ Cheese stick, and Sunbutter and Jelly					
18 Steak and Cheese Hoagie Potato Wedges Peas and sliced carrots	19 Beef & Bean Nachos W/Corn Chips Fiesta Rice	20 Whole Grain Pasta w/marinara sauce Mixed Vegetables Bosco Breadsticks	21 Chicken sticks w/ dipping sauce Sweet potato Sliced peaches	22 Whole Grain Pizza Sliced Cinnamon Pears Green beans	
Featuring This Week: Chicken Salad w/red grapes Pocket, Mediterranean Chicken salad w/ chic pea					
25 Chicken Bites w/gravy Mashed Sweet Potato Mixed Veggies Cinnamon Applesauce	26 WG French Toast w/ Sausage patty Warm sliced apples Fresh red grapes	27 Mac and Cheese (Cheddar/American) Seasoned Peas W/ Roll Fruit Crisp	28 Cheeseburger on Bun Potato Starz Green beans Sliced Pears	29 Tombstone Pizza Dog in a coffin Corn Dirt Dessert	
Featuring This Week: Italian Sub, Southwest Chicken Salad, and Sunbutter and Jelly Sandwich					

ELEMENTARY LUNCH MENU

Happy Halloween!!
 Have a safe and Healthy Halloween, remember fruit is a
 great alternative to candy!!

Menus are subject to
 change without notice.



Ways To Tell If Your Snack Is a Healthy Choice

Is it low in fat?

Use the % Daily Value (DV) column. Recall that if a food has 5% DV or less for a nutrient, it contributes a low amount, while foods having 20% DV or more for a nutrient contribute a high amount. Choose most often snack foods that are lower in total fat, saturated fat, and *trans* fat. Watch out for fried snack foods. Try baked instead. A bag of regular fried potato chips has 15% DV for fat and a bag of baked chips has 5% DV for fat.

Is it low in sugar?

Check the ingredients list. If sugar is one of the first two ingredients, the food is high in sugar. Other names for sugar that you might see on the ingredients list are: table sugar, corn syrup, high-fructose corn syrup, fructose, maltose, dextrose, corn sugar, honey, or maple syrup. Soda and certain kinds of fruit juices are high in sugar. Choose to drink water or 100% fruit juices that have no added sugar.

Be sure to check the ingredients list!

The ingredients list tells you everything that's in your food. Ingredients are listed from the largest quantity to the smallest quantity by weight. Whatever ingredient your food has the most of will be first on the list, and so on.

Is it high in fiber?

Use the % DV column. Foods with 20% DV or more contribute a large amount of fiber, while foods with 5% DV or less contribute a small amount of fiber. Snack foods that are a good source of fiber are whole-wheat English muffins, pears, almonds, apples, broccoli, and whole-grain cereals.

Is it a whole grain?

Check the ingredient list for the words "whole" or "whole grain" before the grain ingredient's name to decide if a food is made from a whole grain, rather than a refined grain. The primary grain should be the first ingredient in the ingredient list to be considered a "whole grain." Some whole grains, like popcorn or brown rice, do not have the word "whole" in front of their names. Snack foods that are a good source of whole grain are whole-wheat bagels or crackers, whole-grain cereals, oatmeal, or popcorn.

Is it full of vitamins and minerals?

Use the % DV for vitamin A, vitamin C, calcium, and iron. If the snack has 20% or more of the % DV it contributes a large amount of a nutrient, while foods with 5% or less of the % DV contribute a small amount.