

Nutrition corner

Set the Table for Good Nutrition

Eating a variety of nutrient-rich foods -- such as whole grains, low-fat dairy foods, lean protein, fruits, and vegetables -- at meals and snacks provides the calories and nutrients a school-age child needs to learn and play.

How will you know your child's getting enough of the right foods? MyPyramid.gov, part of the government's food guidance system, can help.

MyPyramid's suggested servings are based on age, gender, and activity level. The examples below illustrate how school-age children's needs differ.

A 6-year-old, active girl every day needs:

- 5 ounces from grain group
- 2 cups from vegetable group
- 1 1/2 cups from fruit group
- 3 cups from milk group
- 5 ounces from meat and beans group
- 5 teaspoons oils.

An 11-year-old, active boy needs this every day:

- 7 ounces from grain group
- 3 cups from vegetable group
- 2 cups from fruit group
- 3 cups from milk group
- 6 ounces from meat and beans group
- 6 teaspoons oils.

Source: WebMD



Interested

in making a difference?

The Child Nutrition Department is always looking for dependable substitute staff to help out in the lunch lines. This is a paid position that starts up to \$12.35/hr and is perfect for parents with children in school.

We are also looking for volunteers to help us with our nutrition education program. We will be starting up our annual "Nutrition Education in the Classroom" program shortly and are always in need of volunteers. You don't need to be an expert, just love being around children and have lots of energy.

Interested? Give us a call at 760-943-2042

Parent Updates

Is your child going on a field trip?

The Child Nutrition Department will be holding our quarterly Child Nutrition Advisory Group meeting on Wednesday, September 23, 2009 at 9:00am in the Child Nutrition Office. If you are interested in attending, please give us a call to RSVP at (760) 943-2042.

Sign up for for Mealpay at <http://www.mealpayplus.com>. Even if you do not pay for your child's lunches online, you can still use the service for free to check balances and get low balance reminder emails sent to you.



October and November 2009

Salad Bars Every Tue and Thurs!



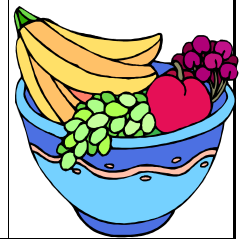
* Vegetarian
** Pork Product

Menu Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday
Surfside Pizza W/ Whole Wheat Crust!	*CHEESE & **PEPPERONI PIZZA W/GRAHAM CRACKER	*Cheese & **Pepperoni Pizza	*Cheese & **Pepperoni Pizza	*Cheese & **Pepperoni Pizza	*Cheese & **Pepperoni Pizza
VEGETARIAN EXPRESS	*Whole Wheat Bean & Cheese Burrito w/Graham Cracker	*Cheesy Taco Flavored Pockets	*Macaroni & Cheese	*Rotini w/ Marinara Sauce	*Whole Wheat Bean and Cheese Burrito
THE DELICATESSEN	Chicken Nuggets w/Graham Cracker	Chicken Nuggets	Chicken Nuggets	Chicken Nuggets	Chicken Nuggets
BUN APPÉTITE.	Turkey Hot Dog w/Graham Cracker	Hamburger on Whole wheat	Corn Dog	Tuna Sandwich on Whole Wheat	Cheeseburger on Whole wheat
	Chicken Caesar Salad & Graham Cracker	Teriyaki Beef Dunkers W/ Rice	Chef Salad	**Brunch For Lunch (Waffle and Sausage)	Chicken Caesar Salad

Weekly Nutrient Analysis - Calories 661, Calcium 453.57
Vitamin A 609re, Vitamin C 41.07 mg, Protein 27.64 g
Fiber 6.70 g, Carbohydrates 92.56g
Total Fat 19.33g, Saturated Fat 6.95g

Lunch includes choice of main entrée, fruit, vegetable, and milk. Lunch price is \$2.50 or a pre-paid lunch account. Milk is \$0.35.



Side Dish
Sweeter Side
Milk

Baby Carrots Corn Whole Wheat Dinner Roll	Baby Carrots Peas Whole Wheat Dinner Roll Raisins	Baby Carrots Green Beans Whole Wheat Dinner Roll	Baby Carrots Corn Whole Wheat Dinner Roll Raisins	Baby Carrots Peas Whole Wheat Dinner Roll
Fresh Fruit Pears	Fresh Fruit Peaches	Fresh Fruit Apricots	Fresh Fruit Applesauce	Fresh Fruit Shape-Ups Pears
NF Chocolate 1% Low Fat	NF Chocolate 1% Low Fat	NF Chocolate 1% Low Fat	NF Chocolate 1% Low Fat	NF Chocolate 1% Low Fat

