


























Redding Elementary School Lunch December, 2009

 **Our Award-Winning Chartwells Balanced Choices® Meal Program** highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

 This month's featured menu items **made w/ locally grown produce**

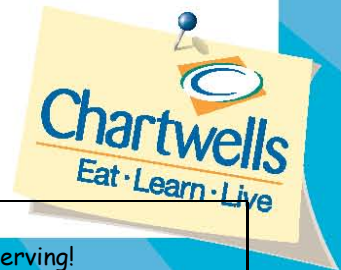
 Part of making healthy diet choices means making $\frac{1}{2}$ of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! **Look for this symbol in the cafeteria to help you identify whole grain foods.**


	<p>1</p> <p>Toasted Cheese on Whole Wheat Bread Tomato Soup</p> <p>Veggie Sticks w/lowfat dressing</p> 	<p>2</p>  <p>Barilla Pasta Plus Meatsauce Or Marinara Sauce</p> <p>Fresh Tossed Salad</p> <p>Whole Wheat Bread Sticks</p> <p>Fresh Fruit & Veggie Selection</p>	<p>3</p> <p>Chinese Special</p> <p>General Tso Chicken</p> <p>Rice</p> <p>Egg Roll</p> <p>Fortune Cookie</p>	<p>4</p>  <p>Fresh Baked Whole Grain Cheese & Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection</p>
<p>Weekly Alternate: (B) Turkey Sandwich  (D) Salad Shaker with Crackers </p>				
<p>7</p>  <p>Cheeseburger on a Whole Wheat Bun Green Bean Salad</p> <p>Oven Baked Potato Tots</p> <p>Fresh Fruit & Veggie Selection</p>	<p>8</p> <p>MINIMUM DAY No lunches served. Parent/Teacher Conferences.</p>	<p>9</p> <p>MINIMUM DAY No lunches served. Parent/Teacher Conferences</p>	<p>10</p> <p>MINIMUM DAY No lunches served. Parent/Teacher Conferences</p>	<p>11</p> <p>MINIMUM DAY No lunches served. Parent/Teacher Conferences</p>
<p>Weekly Alternate: (D) Salad Shaker with Crackers  (E) Ham & Cheese Sandwich </p>				
<p>14</p> <p>Beef Nachos Lettuce & Salsa Steamed Seasoned Brown Rice  Fresh Fruit & Veggie Selection</p>	<p>15</p>  <p>Ham and Cheese Dunkers</p> <p>Choice of Dipping Sauce: Marinara or Ranch</p> <p>Cucumber Salad</p> <p>Fresh Fruit & Veggie Selection</p>	<p>16</p>  <p>Barilla plus Pasta w/meatsauce or marinara sauce</p> <p>Seasoned Green Beans Whole Wheat Bread Sticks Fresh Fruit & Veggie Selection</p>	<p>17</p>  <p>Chicken Nuggets</p> <p>Brown Rice</p>  <p>Veggie Sticks w/light ranch dressing Fresh Fruit</p>	<p>18</p>  <p>Fresh Baked Whole Grain Cheese & Pepperoni Pizza</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection</p>
<p>Weekly Alternate: (G) Tuna Sandwich  (F) Cheerio Bowl with Yogurt  (D) Salad Shaker with Crackers </p>				
<p>21</p>  <p>French Toast Sticks House-Made Fruit Topping Turkey Sausage Oven Baked Potato Wedges Fresh Fruit & Veggie Selection</p>	<p>22</p>  <p>Chili & Cheese w/scoops (House made Chili and Shredded Cheddar served with Tostitos Baked Scoops) Fresh Fruit & Veggie Selection</p>	<p>23</p>  <p>Mozzarella Sticks W/marinara dipping sauce</p> <p>Fresh Garden Salad Fat Free Dressing</p> <p>Fresh Fruit & Veggie Selection</p>	<p>24</p> <p>HAPPY</p>	<p>25</p> <p>HOLIDAYS!</p>
<p>Weekly Alternate: (E) Ham & Cheese Sandwich  (D) Salad Shaker with Crackers </p>				
<p>28</p> 			<p>Lunch Prices Students: \$2.50 Reduced: .40 Adults: 3.25</p>	<p><u>Meals are offered W/Choice of Entrée Unlimited Fruits & Vegetables And Skim, Low Fat & .5%Flavored Milk</u></p> <p><u>All our offerings contain Zero Grams of Trans fats per serving</u></p>



Parents- did you know...?

NONE of our menu items are fried, and ALL of our foods contain zero grams of trans fat per serving!



We further reduce unhealthy fats by offering lean meats, white meat chicken, reduced fat cheeses, all natural low fat yogurt, light mayonnaise & salad dressings, and exclusively skim and 1% milk from New England farmers who pledge not to use artificial hormones in their herds. Whole grain menu items are available daily, for example whole wheat bread, bagels, or crackers, brown rice, and whole grain corn taco shells and rounds contain NO hydrogenated oils. We prepare our food without added salt and sugars and are seasoned with herbs, spices, and low sodium broth to make them flavorful. Fish when included on the menu includes only sustainable species. We purchase exclusively cage free shell eggs.  Look for our "Local Flavor" icon on the menu to identify our menu choices made w/ locally grown produce offered at least once a week!

September Food Focus - China


Chinese cooking, like most of Asia, focuses first on a starch like rice or noodles, then adds an accompaniment of meat or seafood, rather than meat first, starch and vegetables second, as found in European-influenced cuisines. Recipes in China are as diverse as the language, with its 80,000 characters, and Chinese immigrants have brought this complex culinary heritage to almost every region of the world.

Traditionally, Chinese culinary characteristics are divided by region. The northern portion of China has a distinct Mongolian influence, characterized by the nomadic simplicity of the fire pot. Since rice is not grown in the north, there is more emphasis on noodles, soybeans and breads. To the south, Cantonese cooking evolved in a rich agricultural region; and local cuisine highlights fresh fruit and seafood. Spicy foods prevail in the western mountain regions of Szechuan and Hunan.

Source: www.globalgourmet.com

DOT·2·DOT

Complete the dot-to-dot and color the picture.



- 1) Did you know that the United States and Italy produce wheat?
- 2) China and the Caribbean produce rice. Can you find them?
- 3) Look for places where they grow beans. Both Mexico and the Mediterranean are producers.

School Foodservice Information

Price: \$2.50 \$ 0.40 reduced*, free* (*if qualified)

No advance registration necessary! All students are welcome every day!

The National School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

