

# December 2011



**Freshly Prepared Chef Salads are Available Daily, except 12/16/11**

Chilled Fruit or Vegetable is available daily

Choice of Milk Daily - 1% Fat, Non-Fat White Milk & Non-Fat Chocolate Milk

\*These items contain pork \*\*These items may contain pork

**LUNCH  
GRADES K-5**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY										
<p><b>Lunch Prices (includes milk)</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Paid</td><td style="text-align: right;">\$2.00</td></tr> <tr><td>Reduced</td><td style="text-align: right;">.40</td></tr> <tr><td>Adult</td><td style="text-align: right;">3.00</td></tr> <tr><td>Milk (8 oz.)</td><td style="text-align: right;">.30</td></tr> <tr><td>Juice (4 oz.)</td><td style="text-align: right;">.25</td></tr> </table>	Paid	\$2.00	Reduced	.40	Adult	3.00	Milk (8 oz.)	.30	Juice (4 oz.)	.25			<p>***NOW OFFERING VEGETARIAN MEALS UPON REQUEST***</p> <p>We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students. We are striving to serve more products that are lower in fat, sugar and have higher grain and fiber content.</p>	
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<p style="text-align: center;"><b>Harvest of the Month - Kiwi</b></p> <p><b>Reasons to Eat Kiwis</b> - A ½ cup of sliced kiwis has lots of vitamin C and vitamin K. Vitamin C helps your body heal cuts and wounds and also helps lower the risk of infection. Eating kiwis is a good way to get fiber. Kiwis also have potassium, folate, beta-carotene, and lutein.</p> <p><b>How Much Do I Need?</b> A ½ cup of sliced kiwi is about the size of one medium kiwi. This is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how many cups you need. Make a plan together with your family on how you can eat more fruits and vegetables and be active every day.</p> <p><b>Recommended Daily Amounts of Fruits and Vegetables*</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td></td> <td style="text-align: center;"><u><b>Kids, Ages 5-12</b></u></td> <td style="text-align: center;"><u><b>Teens and Adults, Ages 13 &amp; up</b></u></td> </tr> <tr> <td>Boy</td> <td style="text-align: center;">2 1/2 - 5 cups per day</td> <td style="text-align: center;">4 1/2 - 6 1/2 cups per day</td> </tr> <tr> <td>Girl</td> <td style="text-align: center;">2 1/2 - 5 cups per day</td> <td style="text-align: center;">3 1/2 - 5 cups per day</td> </tr> </table> <p><small>*If you are active, eat the higher number of cups per day. Visit <a href="http://www.mypyramid.gov/kids">www.mypyramid.gov/kids</a> to learn more.</small></p>				<u><b>Kids, Ages 5-12</b></u>	<u><b>Teens and Adults, Ages 13 &amp; up</b></u>	Boy	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day	Girl	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day	<p>Pepperoni &amp; Cheese Pizza*</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p><b>Luigi's Fruit Sherbet Cup</b></p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;"><b>1</b></p>	<p style="text-align: center;">Bean &amp; Cheese Burrito</p> <p style="text-align: center;">Spanish Rice</p> <p>Fresh Broccoli Florets w/ Dip</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p><b>Choice of Whole Grain Crackers</b></p> <p style="text-align: center;"><b>2</b></p>	
	<u><b>Kids, Ages 5-12</b></u>	<u><b>Teens and Adults, Ages 13 &amp; up</b></u>												
Boy	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day												
Girl	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day												
<p>Chicken Tenders</p> <p>Oven Crisp Potato Fries</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p><b>Choice of Whole Grain Crackers</b></p> <p style="text-align: center;"><b>5</b></p>	<p>Grilled Cheese Sandwich</p> <p>Potato Rounds</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p><b>Choice of Whole Grain Crackers</b></p> <p style="text-align: center;"><b>6</b></p>	<p>Cheeseburger on a Bun</p> <p>Oven Crisp French Fries</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p><b>Choice of Whole Grain Crackers</b></p> <p style="text-align: center;"><b>7</b></p>	<p>Cheese Pizza</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p><b>Minute Maid Frozen Juice</b></p> <p><b>Choice of Whole Grain Crackers</b></p> <p style="text-align: center;"><b>8</b></p>	<p>Bean &amp; Cheese Burrito</p> <p style="text-align: center;">Spanish Rice</p> <p>Fresh Bunny Luv Carrots w/ Dip</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p><b>Choice of Whole Grain Crackers</b></p> <p style="text-align: center;"><b>9</b></p>										
<p>Whole Grain Chicken Nuggets</p> <p>Oven Crisp Potato Fries</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p><b>Choice of Whole Grain Crackers</b></p> <p style="text-align: center;"><b>12</b></p>	<p>Corn Dog on a Stick</p> <p>Potato Rounds</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p><b>Choice of Whole Grain Crackers</b></p> <p style="text-align: center;"><b>13</b></p>	<p>Hamburger on a Bun</p> <p>Oven Crisp French Fries</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p><b>Choice of Whole Grain Crackers</b></p> <p style="text-align: center;"><b>14</b></p>	<p>Pepperoni &amp; Cheese Pizza*</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p><b>Luigi's Fruit Sherbet Cup</b></p> <p><b>Choice of Whole Grain Crackers</b></p> <p style="text-align: center;"><b>15</b></p>	<p style="text-align: center;">Teriyaki Chicken</p> <p style="text-align: center;">Steamed Rice</p> <p>Fresh Broccoli Florets w/ Dip</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p><b>Choice of Whole Grain Crackers</b></p> <p style="text-align: center;"><b>16</b></p>										
<p><b>Winter Recess</b> <b>December 19, 2011 through January 2, 2012</b> <b>Happy Holidays</b></p>														
<p><b>Did you know you can make pre-payments directly to your child's meal account?</b> Please take advantage of the options to prepay your student's meal accounts. Prepaid meal accounts help the lunch lines go faster and gives students more time to eat, relax, and play. It also gives you the peace of mind of not having to worry about looking for lunch money everyday or worry that it might get lost, stolen or used for things other than lunch.</p> <p>Please ask the school cashier for details or call (562) 690-2318      Visit our District website for monthly menus @<a href="http://www.lhcsd.k12.ca.us/food.html">www.lhcsd.k12.ca.us/food.html</a></p>														