


LUNCH **January 2012**

GRADES K - 5

Freshly Prepared Chef Salads are 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY											
<p>Lunch Prices (includes milk)</p> <p>Paid \$2.00 Reduced .40 Adult 3.00 Milk (8 oz.) .30 Juice (4 oz.) .25</p>	<p>Chicken Tenders Oven Crisp Potato Fries Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">3</p>	<p>Cheeseburger on a Bun Oven Crisp French Fries Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">4</p>	<p>Cheese Pizza Fresh Fruit / Chilled Fruit Cup Minute Maid Frozen Juice Choice of Whole Grain Crackers</p> <p style="text-align: center;">5</p>	<p>Bean & Cheese Burrito Spanish Rice Fresh Bunny Luv Carrots w/ Dip Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">6</p>											
<p>Whole Grain Chicken Nuggets Oven Crisp Potato Fries Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">9</p>	<p>Corn Dog on a Stick Potato Rounds Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">10</p>	<p>Hamburger on a Bun Oven Crisp French Fries Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">11</p>	<p>Pepperoni & Cheese Pizza* Fresh Fruit / Chilled Fruit Cup Luigi's Fruit Sherbet Cup Choice of Whole Grain Crackers Sweet Raisins</p> <p style="text-align: center;">12</p>	<p>Teriyaki Chicken Steamed Rice Fresh Broccoli Florets w/ Dip Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">13</p>											
<p style="text-align: center;">MARTIN LUTHER KING, JR. DAY</p> <p style="text-align: center;">16</p>	<p>Breaded Chicken Sandwich Oven Crisp Potato Fries Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">17</p>	<p>Cheeseburger on a Bun Oven Crisp French Fries Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">18</p>	<p style="text-align: center;">***Lucky Tray Day***</p> <p>Cheese Pizza Fresh Fruit / Chilled Fruit Cup Minute Maid Frozen Juice Choice of Whole Grain Crackers</p> <p style="text-align: center;">19</p>	<p>Chicken Fajitas w/ Tortilla Spanish Rice Fresh Bunny Luv Carrots w/ Dip Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">20</p>											
<p>Whole Grain Chicken Nuggets Oven Crisp Potato Fries Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">23</p>	<p>Hot Dog on a Bun Potato Rounds Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">24</p>	<p>Hamburger on a Bun Oven Crisp Fries Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">25</p>	<p>Pepperoni & Cheese Pizza* Fresh Fruit / Chilled Fruit Cup Luigi's Fruit Sherbet Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">26</p>	<p style="text-align: center;">Non-School Day</p> <p style="text-align: center;"></p> <p style="text-align: center;">27</p>											
<p>Chicken Tenders Oven Crisp Potato Fries Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">30</p>	<p>Grilled Cheese Sandwich Potato Rounds Fresh Fruit / Chilled Fruit Cup Choice of Whole Grain Crackers</p> <p style="text-align: center;">31</p>	<p style="text-align: center;">Harvest of the Month - Grapefruit</p> <p>Reasons to Eat Grapefruit - Eating grapefruit and drinking 100% grapefruit juice are excellent ways to get vitamin C. Both have good nutritional value and are low in calories. How Much Do I Need? A half of a medium grapefruit is about ½ cup of fruit. The number of cups 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. Remember to eat a variety of colorful fruits and vegetables throughout the day - fresh, frozen, canned, dried, and 100% juice. It will help you reach your total daily needs.</p> <p>Recommended Daily Amounts of Fruits and Vegetables*</p> <table border="0" style="width: 100%;"> <tr> <td></td> <td style="text-align: center;"><u>Kids, Ages 5-12</u></td> <td style="text-align: center;"><u>Teens and Adults, Ages 13 & up</u></td> <td></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> <td rowspan="2" style="vertical-align: top;">*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.</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>				<u>Kids, Ages 5-12</u>	<u>Teens and Adults, Ages 13 & up</u>		Boy	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day	*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.	Girl	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day
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Boy	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day	*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.												
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Did you know you can make pre-payments directly to your child's meal account? 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.

Please ask the school cashier for details or call (562) 690-2318

Visit our District website for monthly menus @www.lhcsd.k12.ca.us/food.html

This institution is an equal opportunity provider.

Daily menu selections are subject to substitution by items of equal nutritional value as required.