

October 2009 Lunch Menu

Edmonds School District No. 15

The price for reduced cost meals is set by USDA. Reduced Priced Breakfast is free for grades K-12. Reduced Price Lunch is free for grades K-3 and \$.40 for preschool and grades 4-12. For more information visit www.edmonds.wednet.edu.

This institution is an equal opportunity provider.

Nutrition is packed into every Breakfast and Lunch.

Each day students are offered Tossed Salad, Fresh Vegetables, Fresh Fruit and Canned Fruit. Students are encouraged to take all the fruits and vegetables they can eat! Also, students can choose either 1% White Milk or Non-Fat Chocolate Milk.

**Convenient. Economical.
Healthy.**

School Meals
We serve education every day™

If you have any questions about the Breakfast or Lunch programs, please contact Barbara Lloyd, Food Service Program Director, at 425-431-7073

*MAY CONTAIN PORK
**MEATLESS ENTRÉE

CANADIAN COIN NOT ACCEPTED	ELEMENTARY	SECONDARY
Student Breakfast	\$1.50	\$1.75
Student Lunch	2.95	3.75
Adult Lunch	\$5.00	\$5.00
Adult Breakfast	2.50	2.50
Milk	.50	.50
20 Student Breakfast (Pre-paid)	\$30.00	\$35.00
20 Student Lunch (Pre-paid)	\$59.00	\$75.00

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Average Daily Nutritional Analysis October 1-2, 2009			
	Actual	Goal	%
Calories	649	600	108%
Calories from Fat	207	200	103%
% Calories from Fat	32%	33%	
Total Fat (gm)	23	22	105%
Cholesterol	49	72	68%
Carbohydrate (gm)	88	83	106%
Protein (gm)	29	33	88%

Average Daily Nutritional Analysis October 5-9, 2009			
	Actual	Goal	%
Calories	663	600	110%
Calories from Fat	207	200	103%
% Calories from Fat	31%	33%	
Total Fat (gm)	23	22	105%
Cholesterol	55	72	76%
Carbohydrate (gm)	90	83	108%
Protein (gm)	31	33	94%

Mon., Oct 5	Tue., Oct 6	Wed., Oct 7	Thurs., Oct 8	Fri., Oct 9
CHICKEN NUGGETS WITH A ROLL OR CHEESEBURGER OR TACO HOT POCKET**	COUNTRY BEEF STEAK STRIPS WITH MASHED POTATOES & GRAVY WITH A ROLL OR CHICKEN BURGER OR TEXAS TOAST**	HOT DOG OR CHICKEN BURGER OR CHEESE PIZZA** GARDEN SALSA SUN CHIPS	MACARONI AND CHEESE** WITH A ROLL OR CHICKEN BURGER OR BEEF TENDERS WITH A ROLL	PROFESSIONAL DEVELOPMENT DAY NON STUDENT DAY

Average Daily Nutritional Analysis October 1-2, 2009			
	Actual	Goal	%
Calories	649	600	108%
Calories from Fat	207	200	103%
% Calories from Fat	32%	33%	
Total Fat (gm)	23	22	105%
Cholesterol	49	72	68%
Carbohydrate (gm)	88	83	106%
Protein (gm)	29	33	88%

Thurs., Oct 1	Fri., Oct 2
TOASTED CHEESE SANDWICH** OR CHICKEN BURGER OR BURRITO WITH CHILI AND A ROLL	FISH NUGGETS WITH A ROLL OR CHICKEN BURGER OR STUFFED BREAD STICKS**

MAKING POPULAR FOODS NUTRITIOUS FOR STUDENTS

School meals in the Edmonds School District are better than ever as we continue to increase the use of whole grains, lean meats, low fat cheeses, low fat mayonnaise and locally grown fresh fruits and vegetables. Our cafeteria staff encourages healthy eating habits among students by offering high quality, low cost meals to over 8,000 students per day. All menu items are prepared using low fat cooking methods such as baking, boiling or steaming. There are not now, nor have there ever been any deep fat fryers in the District. We do not use frying as a method for preparing any of our products. As your school nutrition professionals, we delight in nourishing minds with healthy food and continue to welcome support and input from parents, students and others in the community.

Average Daily Nutritional Analysis October 12-16, 2009			
	Actual	Goal	Actual
Calories	649	600	1178
Calories from Fat	198	200	445
% Calories from Fat	31%	30%	4
Total Fat (gm)	22	22	419
Cholesterol	52	72	19
Carbohydrate (gm)	89	83	7
Protein (gm)	30	33	

Average Daily Nutritional Analysis October 12-16, 2009		Mon., Oct. 12	Tue., Oct. 13	Wed., Oct. 14	Thurs., Oct. 15	Fri., Oct. 16
CORNDOG OR CHICKEN BURGER OR CHEESE QUESADILLA** <i>BAKED CHEETOS</i>	SPAGHETTI WITH A ROLL OR CHICKEN BURGER OR CHILI CHEESE WRAP **	FISH NUGGETS WITH A ROLL OR CHICKEN BURGER OR TACO HOT POCKET** <i>OATMEAL COOKIE</i>	MACHO NACHOS WITH A ROLL OR CHICKEN BURGER OR TOASTED CHEESE SANDWICH**	PEPPERONI PIZZA* WITH A ROLL. OR CHICKEN BURGER OR STUFFED BREAD STICKS**		

NATIONAL SCHOOL LUNCH WEEK — OCTOBER 12-16

Average Daily Nutritional Analysis October 19-23, 2009			
	Actual	Goal	Actual
Calories	649	600	1176
Calories from Fat	207	200	428
% Calories from Fat	32%	30%	4
Total Fat (gm)	23	22	344
Cholesterol	49	72	16
Carbohydrate (gm)	88	83	7
Protein (gm)	29	33	

Average Daily Nutritional Analysis October 19-23, 2009		Mon., Oct. 19	Tue., Oct. 20	Wed., Oct. 21	Thurs., Oct. 22	Fri., Oct. 23
BEAN & CHEESE BURRITO** WITH A ROLL OR CHICKEN BURGER OR HOT DOG <i>WORLD SERIES SPORTS COOKIE</i>	HAMBURGER GRAYV OVER MASHED POTATOES WITH A ROLL OR CHICKEN BURGER OR TEXAS TOAST**	BBQ CHICKEN FILLET ON A BUN OR CHEESEBURGER OR MACARONI AND CHEESE** WITH A ROLL <i>GINGER SNAP COOKIE</i>	SWEET & SOUR MEATBALLS WITH RICE OR CHICKEN BURGER OR CHEESE PIZZA** WITH A ROLL	CHICKEN NUGGETS WITH A ROLL OR CHEESEBURGER OR TACO HOT POCKET**		

Average Daily Nutritional Analysis October 26-30, 2009			
	Actual	Goal	Actual
Calories	649	600	1176
Calories from Fat	207	200	428
% Calories from Fat	32%	30%	4
Total Fat (gm)	23	22	344
Cholesterol	49	72	16
Carbohydrate (gm)	88	83	7
Protein (gm)	29	33	

Average Daily Nutritional Analysis October 26-30, 2009		Mon., Oct. 26	Tue., Oct. 27	Wed., Oct. 28	Thurs., Oct. 29	Fri., Oct. 30
CHICKEN BURGER OR TEXAS TOAST**	CORN DOG OR TOASTED CHEESE SANDWICH** <i>SUN CHIPS</i>	CHICKEN NUGGETS WITH A ROLL OR CHEESE QUESADILLA** <i>SUGAR KRACKLE COOKIE</i>	CHEESEBURGER OR BEAN & CHEESE BURRITO** WITH A ROLL	FISH NUGGETS OR STUFFED BREAD STICKS**		

OCTOBER 26—30 ——— REPORT CARD CONFERENCES — GRADES K-6 — EARLY RELEASE