

**STIMSON MIDDLE SCHOOL
MARCH 2010**

MARCH is "NATIONAL NUTRITION" MONTH - Please assist your children in making nutritious meal choices. Also, take a minute to read the information from the FDA on the reverse side of this menu.

Breakfast Prices: \$1.50/ \$.25 Reduced

All Breakfast Entrées are served with a choice of Milk and Juice or Asst. Fresh or Canned Fruit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of Cereal and Muffin or Bagel or French Toast	Choice of Cereal and Muffin or Bagel or Mini Waffles	Choice of Cereal and Muffin or Bagel or Canadian Bacon/Bun	Choice of Cereal and Muffin or Pancakes or Bagel	Choice of Cereal and Muffin or Bagel or French Toast Sticks

A COMPLETE LUNCH INCLUDES A CHOICE OF ENTRÉE, VEGETABLE/SALAD, FRUIT, BREAD & MILK

Offered Daily: Whole Wheat Pizza, Hamburgers, Cheeseburgers, Heroes, Potatoes, Salads, Specials & Desserts
\$2.50 TYPE "A" Lunch \$25.00/10-Meal Ticket \$12.50/5-Meal Ticket \$.25 Reduced Lunch

*Contains Nitrates **Bread offered with this entree ***Contains Pork

CHICKEN NOODLE SOUP	CHICKEN RICE SOUP	VEGETABLE PASTA SOUP	CHICKEN VEG. SOUP	VEG. ALPHABET SOUP
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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1	2	3	4	5
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WORLD LANGUAGE WEEK

Whole Wheat Wedge Pizza Italian Hot Pockets** Chicken Fingers** Potatoes Italian Mixed Veg. Fresh Fruit Choice of Milk ☉ Chicken Caesar Salad	"ITALIAN DAY" Meatless Lasagna Chicken Parmigiana Hero Carrots Tossed Salad Peaches Choice of Milk ☉ Antipasta Salad	"FRENCH DAY" Chicken Francais French Bread Pizza Three Bean Salad Mixed Veg. Pudding Choice of Milk ☉ Salade de Volaille	"SPANISH DAY" Mexican Veggie Chili Rice and Beans Tossed Salad Cole Slaw Pears Choice of Milk ☉ Chicken Fiesta Salad	"GREEK DAY" Greek Pizza Greek Spaghetti w/Shrimp Baby Carrots w/LF Dip Green Beans Choice of Milk ☉ Greek Salad
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8	9	10	11	12
Whole Wheat Wedge Pizza Spicy Chicken Fingers** Italian Hot Pockets** Potatoes - Mixed Veg. Tossed Salad Fresh Fruit Choice of Milk ☉ Chicken Caesar Salad	Whole Wheat Wedge Pizza Nachos del Grande Burritos** Three Bean Salad Sliced Carrots Fresh Melon Cubes Choice of Milk ☉ Chicken Fajita Salad	Whole Wheat Wedge Pizza Popcorn Chicken** Toasted Cheese Sandwich Three Bean Salad Cole Slaw Peaches Choice of Milk ☉ Chef Salad	Whole Wheat Wedge Pizza Boneless Rib-B-Que*** on Hero Buffalo Chicken Patty/Bun Pasta Salad Green Beans Applesauce Choice of Milk ☉ Taco Salad	Whole Wheat Wedge Pizza Baked Ziti** Popcorn Chicken** Corn Tossed Salad Pears Choice of Milk ☉ Yogurt/Pretzel Salad Platter

15	16	17	18	19
Whole Wheat Wedge Pizza Spicy Chicken Fingers** Italian Hot Pockets** Potatoes - Mixed Veg. Applesauce Choice of Milk ☉ Chicken Caesar Salad	Whole Wheat Wedge Pizza Nachos del Grande Oven Breaded Chicken** Three Bean Salad Sliced Carrots Fresh Melon Cubes Choice of Milk ☉ Chicken Fajita Salad	Whole Wheat Wedge Pizza Toasted Cheese Sandwich Popcorn Chicken ** Green Beans Cole Slaw Red/White Grapes Choice of Milk ☉ Chef Salad	Whole Wheat Wedge Pizza Ham* & Cheese on Bagel Buffalo Chicken Patty/Bun Cole Slaw Broccoli Peaches Choice of Milk ☉ Taco Salad	Whole Wheat Wedge Pizza Gyros** Cheese Quesadilla** Corn - Tossed Salad Mixed Fruit Choice of Milk ☉ Yogurt/Pretzel Salad Platter

22	23	24	25	26
Whole Wheat Wedge Pizza Popcorn Chicken** Italian Hot Pockets** Baby Carrots/LF Dip Tossed Salad Pudding Choice of Milk ☉ Chicken Caesar Salad	Whole Wheat Wedge Pizza Nachos del Grande Beef Taco & Fixings** Spicy Chicken Fingers** Green Beans Cole Slaw Fresh Melon Cubes Choice of Milk ☉ Chicken Fajita Salad	Whole Wheat Wedge Pizza Toasted Cheese Sandwich Popcorn Chicken** Three Bean Salad Tossed Salad Peaches Choice of Milk ☉ Chef Salad	Whole Wheat Wedge Pizza Roasted Chicken** Buffalo Chicken Patty/Bun Pasta Salad Carrots Mixed Fruit Choice of Milk ☉ Taco Salad	Whole Wheat Wedge Pizza Baked Ziti** Chicken Quesadilla** Corn Tossed Salad Ass't Fresh Fruit Choice of Milk ☉ Yogurt/Pretzel Salad Platter

29	30	31		
SCHOOL CLOSED SPRING RECESS	SCHOOL CLOSED SPRING RECESS	SCHOOL CLOSED SPRING RECESS		

A Variety of canned and fresh fruits and vegetable choices are offered in addition to those stated on the daily menus.

Salad entrées are available each day - one with meat and one vegetarian

Choice of Milk - 1%, skim and 1% chocolate - All Milk \$.65

MEALS ARE AVAILABLE FOR FIELD TRIPS

VEGGIE TACO POCKETS ARE OFFERED DAILY AS A HEALTHY VEGETARIAN ALTERNATIVE.

ALL SANDWICHES ARE MADE WITH WHOLE WHEAT BREAD. ALL PIZZA MADE WITH WHOLE WHEAT FLOUR.

** VEGGIE BURGERS AND CHIXX SOY NUGGETS ARE OFFERED AS A HEALTHY VEGAN ALTERNATIVE.**

EXTRA ENTRÉE AVAILABLE AT A LA CARTE PRICES

For the students' convenience and nutritional requirements, vegetarian entrées are prepared using soy products and are available everyday. SOY entrées are high in Omega 3 fatty acids, low in saturated fat and cholesterol free. **If you wish to view more information about these products, or have any questions, comments or suggestions, please call the School Lunch Director's Office at (631) 812-3040 or feel free to send an e-mail to cmctiernan@shufsd.org**

Lactose-free milk will be available upon request for those students who need to reduce their cholesterol intake or are lactose intolerant.

EATING FOR A HEALTHY HEART

The Food and Drug Administration (FDA) is a U.S. government agency that makes sure foods are safe, wholesome and honestly labeled.

Eat Healthy to Help Prevent Heart Disease

What kills Americans most? **Heart Disease. It's the No. 1 cause of death in this country.**

You can lower your chances of getting heart disease. One way is to choose foods carefully. For a healthy heart, eat:

- * less fat
- * less sodium
- * fewer calories
- * more fiber

Eat Less Fat

Some fats are more likely to cause heart disease. These fats are usually found in foods from animals, such as meat, milk, cheese, and butter. They also are found in foods with palm and coconut oils. **EAT LESS OF THESE FOODS.**

Eating less sodium can help lower some people's blood pressure. This can help reduce the risk of heart disease.

Sodium is something we need in our diets, but most of us eat too much of it. Much of the sodium we eat comes from salt we add to our food at the table or that food companies add to their foods. So, avoid adding salt to foods at the table.

Eating fewer calories

When we eat more calories than we need, we gain weight. Being overweight can cause heart disease. When we **eat fewer calories** than we need, we lose weight.

Eat more fiber. Eating fiber from fruits, vegetables and grains may help lower your chances of getting heart disease.

IF AT ALL POSSIBLE, AVOID ALL FOODS WITH HYDROGENATED OILS/TRANS-FATTY ACIDS.

Diet Tips for a Healthy Heart

- * Eat a diet low in saturated fat, especially animal fats and palm and coconut oils.
- * Add foods to your diet that are high in mono-unsaturated fats, such as olive oil, canola oil, and seafood
- * Eat foods containing polyunsaturated fats found in plants and seafood. Safflower oil and corn oil are high in polyunsaturated fats.
- * Choose a diet moderate in salt and sodium.
- * Maintain or improve your weight.
- * Eat plenty of grain products, fruits and vegetables.

Eating this way does not mean you have to spend more money on food. You can still eat many foods that cost the same or less than what you're eating now.

Here's how:

Instead of...

- * whole or 2 percent milk and cream
- * fried foods
- * cooking w/lard, butter, palm and coconut oils, and shortenings made with these oils
- * smoked, cured, salted & canned meat, poultry & fish
- * fatty cuts of meat, such as prime rib
- * one whole egg in recipes
- * sour cream and mayonnaise
- * sauces, butter & salt
- * regular hard & processed cheeses
- * crackers with salted tops
- * regular canned soups, broths & bouillons & dry soup mixes
- * white bread, white rice, & cereals made with white flour
- * salted potato chips and other snacks

Do this...

- * Use 1 percent or skim milk.
- * Eat baked, steamed, boiled, broiled or micro-waved foods.
- * Cook w/these oils only: corn, safflower, sunflower, soybean, cottonseed, olive, canola, peanut, sesame, or shortenings made from these oils.
- * Eat unsalted fresh or frozen meat, poultry & fish.
- * Eat lean cuts of meat or cut off the fatty parts of meats.
- * Use two egg whites.
- * Use plain low-fat yogurt, low-fat cottage cheese, or low-fat or "light" sour cream and mayonnaise.
- * Season vegetables, including potatoes, with herbs and spices.
- * Eat low-fat, low-sodium cheeses.
- * Eat unsalted or low-sodium whole-wheat crackers.
- * Eat sodium-reduced canned broths, bouillons & soups, especially those with vegetables.
- * Eat whole-wheat bread, brown rice, & whole-grain cereals.
- * Choose low-fat, unsalted tortilla & potato chips and unsalted pretzels & popcorn.

Tips for Losing Weight

- * Eat smaller portions
- * Avoid second helpings
- * Eat less fat by staying away from fried foods, rich desserts, & chocolate candy. Foods with a lot of fat have a lot of calories.
- * Eat more fruits and vegetables

Eat "low calorie" foods, such as low-calorie salad dressings.

Read the Food Label

The food label can help you eat less fat and sodium, fewer calories and more fiber.

Look for certain words on food labels

The words can help you spot foods that may help you reduce your chances of getting heart disease. FDA has set rules on how these words can be used. So, if the label says "low-fat", the food must be low in fat.

Look at the side or back of the package

Here, you will find "**Nutrition Facts**". Look for these words:

*Total Fat

*Saturated Fat

*Cholesterol

*Sodium

Look at the **%Daily Value** listed next to each term. If it is 5% or less for fat, saturated fat, cholesterol, & sodium, the food is low in these nutrients. That's good. It means the food fits in with a diet that may help reduce your chances of getting heart disease.

Eating for a Healthy Heart

You can lower your chances of getting heart disease. One way is through your diet. Remember:

- * Eat less fat
- * Eat less sodium
- * Reduce your calories if you're overweight
- * Eat a variety of foods
- * Eat more fiber
- * Eat plenty of bread, rice & cereal. Also eat lots of vegetables & fruit

Here are some other things you can do to keep your heart healthy: Ask your doctor to check your cholesterol level. This is done with a blood test. The test will show the amount of cholesterol in your blood with a number. Below 200 is good. The test will also show the amount of "good" and "bad" cholesterol. Your doctor can tell you more about what these numbers mean.

If your cholesterol is high, your doctor may suggest diet changes, exercise, or drugs to bring it down.

Regular exercise—like walking, swimming, or gardening—can help you keep your weight and cholesterol down.