

Community Christian School
February 2012
Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>Allergy Information: The menus may contain one or more of the following ingredients: milk, eggs, peanuts, wheat or tree nuts.</p>	<p>Breakfast and Lunch Menus Subject to Product Availability and Nutrients are Averaged for the Week.</p>	<p>¹ Pizza Ranch Pepperoni Pizza <u>or</u> Chef Salad Fresh California Blend Vegetables with Dip Sliced Strawberries and Bananas Sliced Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>² Kick 'N Chicken Bowl: Popcom Chicken with Mashed Potatoes, Gravy and Whole Kernel Corn <u>or</u> Sub Sandwich Honeydew Melon Cubes Buttermilk Biscuit Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>³ BBQ Pork on Homemade Sub Roll <u>or</u> Yogurt Parfait with Sunflower Seeds Tasty Tator Tots Creamy Coleslaw Chilled Mandarin Orange Sections Sliced Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>Cal 661 T.Fat 20.62 G (28.1%) S.Fat 6.4 G (8.7%) Chol 49.2 Mg Sodm 1424.90 Mg Carb 90.56 G (54.8%) Fiber 5.5 G Prtn 28.86 G (17.5%) Iron 4.62 Mg Calc 437.67 Mg Vit A 732.22 RE Vit C 42.34 Mg</p>
<p>⁶ Farm to School Featuring ~ Wild Rice: Chicken Nuggets with Sauce Selection <u>or</u> Individual Cheese Pizza Seasoned Wild and Brown Rice Blend Seasoned Green Beans Red Grape Cluster Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>⁷ Italian Spaghetti with Meat Sauce <u>or</u> Turkey Ranch Wrap Garden Green Salad with Dressing Selections Chilled Peach Slices Garlic Bread Sliced Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>⁸ Popcom Chicken with Sweet and Sour Sauce <u>or</u> Chef Salad Steamed Brown Rice Mixed Vegetables Fresh Cut Pineapple Chunks Sliced Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>⁹ Diced Roast Turkey with Mashed Potatoes <u>or</u> Sub Sandwich Seasoned Peas and Carrots Chilled Fresh Apple Slices Bread Dressing Sliced Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>¹⁰ Homemade Sloppy Joe on Wheat Bun <u>or</u> Yogurt Parfait with Sunflower Seeds Macaroni and Cheese Baby Whole Carrots and Celery with Low Fat Dip Chilled Berry Blend Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>Cal 731 T.Fat 20.53 G (25.3%) S.Fat 4.8 G (5.9%) Chol 63.6 Mg Sodm 1530.01 Mg Carb 97.09 G (53.1%) Fiber 7.3 G Prtn 36.83 G (20.2%) Iron 5.08 Mg Calc 414.94 Mg Vit A 905.36 RE Vit C 24.37 Mg</p>
<p>¹³ Beef Burrito with Salsa and Light Sour Cream <u>or</u> Individual Cheese Pizza Steamin' Spanish Rice Garden Green Peas Frozen Diced Strawberry Cup Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>¹⁴ Homemade Lasagna <u>or</u> Turkey Ranch Wrap Garden Green Salad with Dressing Selections Chilled Pear Slices Garlic Breadstick Sliced Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>¹⁵ Homemade Pulled Pork on Homemade Wheat Sub Roll <u>or</u> Chef Salad Wedge Cut Potatoes Sliced Strawberries and Bananas Sliced Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>¹⁶ Chicken Fajita with Soft Shells, Cheese, Lettuce, Salsa and Light Sour Cream <u>or</u> Sub Sandwich Black Bean Salsa Fresh Cantaloupe Melon Cubes Trail Mix Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>¹⁷ Toasted Cheese Sandwich with Tomato Soup <u>or</u> Yogurt Parfait with Sunflower Seeds Baby Whole Carrots and Celery with Low Fat Dip Chilled Mixed Fruit Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>Cal 594 T.Fat 17.99 G (27.3%) S.Fat 6.6 G (10.0%) Chol 53.0 Mg Sodm 1011.94 Mg Carb 74.89 G (50.4%) Fiber 6.1 G Prtn 33.36 G (22.5%) Iron 2.60 Mg Calc 537.40 Mg Vit A 793.86 RE Vit C 21.34 Mg</p>
<p>²⁰ No School: President's Day</p> 	<p>²¹ Chili with Cracker Packets <u>or</u> Turkey Ranch Wrap Baby Whole Carrots and Celery with Low Fat Dip Chilled Applesauce Frosted Whole Grain Cinnamon Roll Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>²² Pizza Ranch Cheese Pizza <u>or</u> Chef Salad Fresh California Blend Vegetables with Dip Sliced Strawberries and Bananas Sliced Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>²³ Kick 'N Chicken Bowl: Popcom Chicken with Mashed Potatoes, Gravy and Whole Kernel Corn <u>or</u> Sub Sandwich Honeydew Melon Cubes Buttermilk Biscuit Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>²⁴ Build Your Own Wraps with Lettuce and Fix'ins <u>or</u> Yogurt Parfait with Sunflower Seeds Creamy Coleslaw Chilled Mandarin Orange Sections Trail Mix Sliced Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>Cal 657 T.Fat 20.62 G (28.2%) S.Fat 6.1 G (8.4%) Chol 41.9 Mg Sodm 1235.83 Mg Carb 92.58 G (56.3%) Fiber 5.9 G Prtn 26.32 G (16.0%) Iron 4.21 Mg Calc 483.85 Mg Vit A 975.97 RE Vit C 37.66 Mg</p>
<p>²⁷ Chicken Nuggets with Sauce Selection <u>or</u> Individual Cheese Pizza Seasoned Wild and Brown Rice Blend Seasoned Green Beans Red Grape Cluster Sliced Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>²⁸ Italian Spaghetti with Meat Sauce <u>or</u> Turkey Ranch Wrap Garden Green Salad with Dressing Selections Chilled Peach Slices Garlic Bread Sliced Whole Wheat Bread Skim Milk or Chocolate Skim Milk</p>	<p>²⁹ Leap Day: Popcom Chicken with Sweet and Sour Sauce <u>or</u> Chef Salad Steamed Brown Rice Mixed Vegetables Fresh Cut Pineapple Chunks Leap Day Mixed Up Cook's Treat Whole Wheat Bread Skim/Choc. Skim Milk</p>	<p>American Heart Month</p> 		<p>Cal 713 T.Fat 21.29 G (26.9%) S.Fat 4.7 G (5.9%) Chol 60.1 Mg Sodm 970.11 Mg Carb 98.09 G (55.1%) Fiber 7.1 G Prtn 34.56 G (19.4%) Iron 5.06 Mg Calc 401.08 Mg Vit A 666.23 RE Vit C 23.77 Mg</p>



The Healthy Family

A Newsletter from the Food and Nutrition Services Department

Willmar, New London-Spicer, Montevideo and Community Christian Schools

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February Highlights:

Farm to School
Features:

Wild Rice-
February 10th

Fun Highlights:


"Eat Your Colors"
Week:
February 13-17th

American Heart
Month

Groundhog Day:
February 2nd

National Wear
Red Day:
February 3rd

George Washing-
ton's Birthday:
February 22nd

 Check out the
Breakfast and
Lunch Menus
complete with
Nutrient Analysis on
your District's Website.

February: Become a FAN of Fiber!

By Dayle Hayes, MS, RD

Fiber is one of four "nutrients of concern" named in the 2010 update of the Dietary Guidelines for Americans. Depending on the survey and the age group, 90 to 98% of Americans fail to consume the recommended amount of dietary fiber. The facts about fiber are mostly simple and straightforward. And, the really good news is that filling up your plate and bowl with fiber is easier and better tasting than you might think. So, let's jump right in and answer the three key fiber questions: what, why and how.

What is dietary fiber?

Dietary fiber is part of all plant foods, including fruits, vegetables, grains, beans, seeds and nuts. Fiber is indigestible in our intestinal tract, meaning that our body cannot break it down and absorb it. In fact, all the fiber we eat is eliminated in our feces, but not until it has done some very important work in our intestines. There are three basic types of dietary fiber in our food. Each can play a different role in promoting good health and offering good taste. Each fiber is included in the grams of "Dietary Fiber" category included on the Nutrition Facts panel of packaged products.

- **Soluble Fiber** is found in the bran (outer layer) of certain grains (especially oats and barley), apples, pears and legumes. Soluble fiber acts like a sponge in the intestine, absorbing water and, in some cases, actually forming a gel in the body. This helps promote fullness.
- **Insoluble Fiber** acts more like a broom in the gut. This type of fiber sweeps food through the digestive tract, helping to promote intestinal regularity along the way. It also "bulks up" by absorbing water, which helps promote fullness. You can get this type of fiber from wheat bran, corn, bran and whole-wheat foods, as well as from veggies, fruits, seeds and nuts.
- **Added Fibers**, sometimes called functional fibers, which are extract-

ed from fiber-rich food plants, and then added as ingredients to other foods during processing. Snack bars, breads, yogurts and even juices are examples of foods that may contain added fibers. Many of the "new and improved" formulations of popular cereals also contain added fibers.

Why do we need dietary fiber?

Dietary fiber is a hard-working, multi-tasking nutrient. It does several important jobs as it moves undigested through the intestinal tract.

- **Intestinal regularity:** Fiber helps keep you intestines working smoothly and regularly by increasing bulk and decreasing the amount of time food spends in the digestive tract.
- **Optimal intestinal health:** Fiber supports healthy levels of "good" bacteria in our intestines,
- **Healthier hearts:** People who eat plenty of fiber also tend to have lower cholesterol levels and healthier hearts.
- **Better blood sugar control:** Several studies have shown that eating plenty of fiber can help reduce the risk of diabetes and also help with blood sugar control after a diagnosis of diabetes.
- **Healthy weights:** A high-fiber intake is also associated with lower body weight in adults. Fiber helps you feel fuller longer, which may help to prevent excessive weight gain and aid in weight maintenance.

How can we get the fiber we need?

For adults, the recommended intake is 14 grams of fiber per 1,000 calories, this means that women generally need less fiber (20-25 grams/day) than men (25-30 grams/day). The Nutrition Facts panel uses an average recommendation of 25 grams/day. For children, the generally accepted number is based on the "age-plus-5" rule. This means that a 3-year-old would need 8 grams of fiber/day; a 12-year-old would need 17 grams/

day. Our current fiber intakes don't even come close to current recommendations. Surveys suggest that American adults eat less than half the recommended amount of fiber; 12 grams or less per day.

Every Day:

- 3 to 6 servings of whole grains (high-fiber cereal when possible)
- 2+ servings of whole fruits (fresh and with peel when possible)
- 3+ servings of vegetables (fresh and with peel when possible)

Every Week:

- 3 to 5 servings of legumes (in soups, side dishes, on salads, etc.)
- 3 to 5 servings of nuts and seeds (on salads, as snacks, in yogurt, etc.)

For information on high-fiber foods go to: <http://www.mayoclinic.com/health/high-fiber-foods/INU00582>

*Article adapted from *School Nutrition Magazine* "Become a FAN of Fiber", December 2011.

Food of the Month

Whole Grains

-Whole grain can come from any type of grain: wheat, oats, corn, rice, barley, etc.

-Wheat seeds or kernels are made up of three key parts: the bran, the germ and the endosperm.
-Corn is the largest crop grown in Minnesota.



Meal Prices

Willmar

	Breakfast	Lunch
K-5	Free	\$1.80
6-8	Free	\$1.95
9-12	\$1.15	\$1.95
Adult	\$1.70	\$3.50
Milk	\$0.30	\$0.30

New London - Spicer

	Breakfast	Lunch
K-5	\$1.15	\$1.75
6-8	\$1.25	\$2.00
9-12	\$1.25	\$2.00
Adult	\$1.75	\$3.50
Milk	\$0.30	\$0.30

Montevideo

	Breakfast	Lunch
K-4	Free	\$1.95
5-7	\$1.35	\$2.05
8-12	\$1.35	\$2.05
Adult	\$1.80	\$3.25
Milk	\$0.35	\$0.35

Community Christian

	Breakfast	Lunch
K-5	N/A	\$2.50
6-8	N/A	\$2.50
9-12	N/A	\$2.50
Adult	N/A	\$3.50
Milk	N/A	\$0.55

February 13-17th: Eat Your Colors Week!

"Eat Your Colors Week" was developed to help make students more aware of choosing a wide variety of colorful fruits and vegetables. There are five color groups of fruits and vegetables; they are red, yellow/orange, blue/purple, green and white/tan. Each color group contains a different compound, known as phytochemicals. Phytochemicals give fruits and vegetables their natural pigment color and aroma. There is an endless amount of benefits that come from eating a rainbow of colors. Read on to find out what natural plant pigment provides color for each group and health benefits of each:

- **Red:** "Lycopene" and "anthocyanins". Lycopene reduces the risk of certain types of cancer and is found in tomatoes and red peppers. Anthocyanins help protect cells from damage and are found in strawberries, raspberries and grapes.
- **Orange/Yellow:** "Carotenoids" help maintain healthy eyes and reduce the risk of cancer, heart disease and can improve the immune system and are found in carrots, squash, cantaloupe and sweet potatoes.
- **Green:** "Chlorophyll" reduce the risk of certain eye diseases and help protect against certain

types of cancer. Examples of the green group include broccoli, green beans, kiwi, lettuce and spinach.

- **Blue/Purple:** "Anthocyanins" help reduce the risk of cancer, stroke and heart disease and are found in blackberries, blueberries, plums and raisins.
- **White/Tan:** "Anthoxanthins" may help lower cholesterol and blood pressure and may help reduce the risk of stomach cancer and heart disease. Examples of the white/tan group include bananas, jicama, mushrooms and potatoes.

Make "Eat Your Colors Week" more fun by following the color of the day: wear the color and include it in other meals in the day.

*By Michelle Synhorst, RD, Nutrition Coordinator, Willmar Public Schools

What's on the Menu: Wild Rice Pilaf

Number of portions: 12

Portion size: 1/2 cup

Ingredients:

- 1/2 Cup Raw Wild Rice
- 2 tbsp. Butter
- 2 Cups Hot Water
- 1 1/2 Cup Brown Rice
- 3 Cups Hot Water
- 1/8 Cup Chicken Base, Dry
- 1/8 tsp. Garlic Powder
- 1/8 tsp. Onion Powder
- 1/8 tsp. Salt
- 1/4 Cup Celery, chopped

Instructions:

1. Preheat oven to 350° F.
2. Using a 9 x9" pan, place Wild Rice, butter and Water in each pan sprayed with food release.
3. Cover and bake for 20-25 minutes.
4. Stir and add brown rice, hot water, chicken base, garlic powder, onion powder, salt and celery.
5. Stir until blended, cover and bake for 45-55 minutes or until water is absorbed, checking for doneness at the 1/2 hour mark, or until the internal temperature reaches 140° F. or higher for 15 seconds and the Wild Rice is tender and grains are beginning to open.

Fresh Fruit and Vegetable Corner: Mango!

Mango fruits are oval and egg shaped with smooth, soft skin. The skin is usually a combination of green, red and yellow. Most Americans consider the mango an exotic fruit with the taste of a peach and pineapple. This rich tropical tasting fruit is high in Vitamin C. Vitamin C is needed for the growth and repair of tissues in all parts of your body. It helps form important protein used to make skin, muscles and blood vessels, helps heal wounds and repairs and maintains bones, teeth and cartilage! Vitamin C helps your body in many ways! Your body is not able to make vitamin C on its own, and it does not store it. So it is very important to include lots of vitamin C-containing foods in your daily diet!



Help Wanted!

Substitute employment opportunities are available through the Food and Nutrition Services Department. Apply at your school district or online on your district's website.