
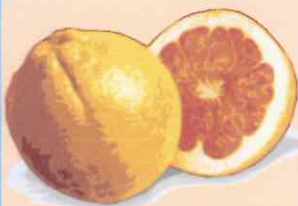


**Community Christian School**  
**January 2012**  
**Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>2</p> <p><b>No School:</b> Winter Break</p> 	<p>3</p> <p>Chicken Nuggets with Sauce Selections <u>or</u> Classic Wedge Cheese Pizza            Seasoned Wild and Brown Rice Blend            Seasoned Green Beans            Chilled Peach Slices            Whole Wheat Bread            Skim Milk or Chocolate Skim Milk</p>	<p>4</p> <p>Jumbo Cheese Ravioli <u>or</u> Chef Salad            California Blend Vegetables with Warm Cheese Sauce            Sliced Strawberries and Bananas            Sliced Whole Wheat Bread            Skim Milk or Chocolate Skim Milk</p>	<p>5</p> <p>Seasoned Taco Meat with Soft Shells, Lettuce, Tomato, Cheese, Salsa and Light Sour Cream <u>or</u> Sub Sandwich            Zesty Black Bean Salsa            Fresh Cantaloupe            Fruit Filled Churro            Whole Wheat Bread            Skim Milk or Chocolate Skim Milk</p>	<p>6</p> <p>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 643            T.Fat 17.65 G (24.7%)            S.Fat 6.2 G (8.6%)            Chol 63.3 Mg            Sodm 1352.27 Mg            Carb 90.49 G (56.3%)            Fiber 6.2 G            Prtn 32.41 G (20.2%)            Iron 3.24 Mg            Calc 553.76 Mg            Vit A 1151.60 RE            Vit C 37.45 Mg</p>
<p>9</p> <p>Chicken Alfredo with Whole Grain Rotini Pasta <u>or</u> Individual Pepperoni Pizza            Steamed Broccoli            Orange Smiles            Garlic Breadstick            Sliced Whole Wheat Bread            Skim Milk or Chocolate Skim Milk</p>	<p>10</p> <p>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>11</p> <p>Pizza Ranch Cheese Pizza <u>or</u> Chef Salad            Fresh California Blend Vegetables with Dip            Chilled Peach Slices            Sliced Whole Wheat Bread            Skim Milk or Chocolate Skim Milk</p>	<p>12</p> <p><b>Kick 'N Chicken Bowl:</b>            Popcorn Chicken with Mashed Potatoes, Gravy and Whole Kernel Corn <u>or</u> Sub Sandwich            Honeydew Melon Cubes            Buttermilk Biscuit            Sliced Whole Wheat Bread            Skim Milk or Chocolate Skim Milk</p>	<p>13</p> <p><b>Farm to School</b>  <b>Featuring ~ Potatoes:</b>            BBQ Pork on Homemade Sub Roll <u>or</u> Yogurt Parfait with Sunflower Seeds            Oven Roasted Potatoes            Creamy Coleslaw            Mandarin Oranges            Whole Wheat Bread            Skim Milk or Chocolate Skim Milk</p>	<p>Cal 696            T.Fat 21.95 G (28.4%)            S.Fat 7.8 G (10.1%)            Chol 46.6 Mg            Sodm 1318.03 Mg            Carb 95.35 G (54.8%)            Fiber 8.7 G            Prtn 30.92 G (17.8%)            Iron 4.61 Mg            Calc 434.47 Mg            Vit A 723.01 RE            Vit C 43.59 Mg</p>
<p>16</p> <p><b>No School</b></p> 	<p>17</p> <p>Italian Spaghetti with Meat Sauce <u>or</u> Turkey Ranch Wrap            Garden Green Salad with Dressing Selections            Chilled Peach Slices            Garlic Bread            Whole Wheat Bread            Skim Milk or Chocolate Skim Milk</p>	<p>18</p> <p>Popcorn 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>19</p> <p>Diced Roast Turkey with Mashed Potatoes <u>or</u> Sub Sandwich            Seasoned Peas and Carrots            Chilled Fresh Apple Slices            Bread Dressing            Whole Wheat Bread            Skim Milk or Chocolate Skim Milk</p>	<p>20</p> <p>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 766            T.Fat 21.64 G (25.4%)            S.Fat 5.0 G (5.9%)            Chol 63.4 Mg            Sodm 1605.17 Mg            Carb 100.79 G (52.6%)            Fiber 8.3 G            Prtn 38.38 G (20.0%)            Iron 5.55 Mg            Calc 430.29 Mg            Vit A 1085.70 RE            Vit C 24.06 Mg</p>
<p>23</p> <p>Beef Burrito with Salsa and Light Sour Cream <u>or</u> Classic Wedge Cheese Pizza            Steaming Spanish Rice            Garden Green Peas            Frozen Diced Peach Cup            Whole Wheat Bread            Skim Milk or Chocolate Skim Milk</p>	<p>24</p> <p>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>25</p> <p><b>Chinese New Year ~ Year of the Dragon:</b>            Zesty Mandarin Orange Chicken <u>or</u> Chef Salad            Sliced Strawberries and Bananas            Egg Roll            Sliced Whole Wheat Bread            Skim Milk or Chocolate Skim Milk</p>	<p>26</p> <p>Taco in a Bag with Lettuce, Cheese, Salsa and Light Sour Cream <u>or</u> Sub Sandwich            Black Bean Salsa            Fresh Cantaloupe            Melon Cubes            Fruit Filled Churro            Sliced Whole Wheat Bread            Skim Milk or Chocolate Skim Milk</p>	<p>27</p> <p>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 712            T.Fat 19.49 G (24.6%)            S.Fat 6.8 G (8.6%)            Chol 55.6 Mg            Sodm 1247.10 Mg            Carb 98.04 G (55.1%)            Fiber 7.0 G            Prtn 36.22 G (20.3%)            Iron 3.82 Mg            Calc 575.11 Mg            Vit A 954.27 RE            Vit C 86.67 Mg</p>
<p>30</p> <p>Chicken Alfredo with Whole Grain Rotini Pasta <u>or</u> Classic Wedge Cheese Pizza            Steamed Broccoli            Orange Smiles            Garlic Breadstick            Sliced Whole Wheat Bread            Skim Milk or Chocolate Skim Milk</p>	<p>31</p> <p>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><b>Allergy Information:</b>            The menus may contain one or more of the following ingredients:            milk, eggs, peanuts, wheat or tree nuts.</p>	<p>Cal 793            T.Fat 25.38 G (28.6%)            S.Fat 9.6 G (10.9%)            Chol 42.3 Mg            Sodm 1302.78 Mg            Carb 109.67 G (55.3%)            Fiber 14.4 G            Prtn 34.59 G (17.5%)            Iron 4.29 Mg            Calc 398.00 Mg            Vit A 936.49 RE            Vit C 61.31 Mg</p>

**Breakfast and Lunch Menus Subject to Product Availability and Nutrients are Averaged for the Week.**



# The Healthy Family

A Newsletter from the Food and Nutrition Services Department

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

VOLUME 7, ISSUE 5

JANUARY 2012

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**Para traducción,  
llame  
320-231-7860**

## January Highlights:

Farm to School Features:

Cheese-  
January 18th


Potatoes-  
January 26th

Fun Highlights:

National Soup Month

Elvis Presley's Birthday:  
January 8th

Chinese New Year ~ Year of the Dragon:  
January 23rd

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

## Winter: Fruits and Vegetables In Season

During the winter months most individuals think fresh fruits and vegetables are not as plentiful or available as in the summer and fall seasons. Winter produce provides fixings for the ultimate comfort food (soups, stews, or pot pies). Winter greens, fine root vegetables and citrus fruit are the supporters of winter months. Not only is fresh produce available during the winter, the fresh fruits and vegetables available are the ones that our bodies need to endure the long cold months. A lot of the winter fruits and vegetables are the most nutrient-rich foods. The following is a list of fruits and vegetables that are in season during the winter months; look for this produce in weekly grocery store ads to find advertised sales:

**Fruits:** Bananas, Clementines, Cranberries, Grapes, Grapefruit, Guava, Kiwi, Kumquat, Lemons, Limes, Mandarin Oranges, Oranges, Pear, Persimmons, Pomegranates and

Tangerines. **Vegetables:** Artichokes, Avocados, Beets, Belgian Endive, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Collard Greens, Kale, Leeks, Lettuce, Parsnips, Potatoes, Radishes, Rhubarb, Rutabaga, Turnips, Snow Peas, Sweet Potatoes, Watercress and Winter Squash.

Some winter fruits and vegetables may seem unfamiliar or not as common as other seasonal fruits and vegetables. Winter fruits and especially vegetables are used more as an ingredient in a cooked dinner dish or side dish versus being eaten raw. Read on to learn more about some unfamiliar fruits and vegetables in season.

**Blood Oranges:** This fruit has a thin, red-blushed orange skin, with an inside that ranges in color from pink to brilliant red to burgundy. The taste is tart and sweet and slightly berry-like.

**Kale:** This vegetable is a member of the cabbage family and has a distinctive ruffly appearance that distinguishes it from collard greens. Kale is eaten

cooked; put it in soups, pizza, quiche, stir fries, mashed potatoes or have it plain as a side dish (sautéed, steamed, grilled or fried).

**Kumquats:** This fruit is tiny and oval-shaped, about the size of a large cherry. When eating a kumquat, eat the whole thing— skin and all! The skin is sweet and the center is tart.

**Parsnips:** This root vegetable closely resembles a carrots, but a parsnip has pale, cream colored skin. Steam, roast or sauté the vegetable for a hearty side dish. Add it the last 30 minutes of cooking when making stews and soups.

**Persimmons:** This fruit is sometimes compared to apricots or plums in flavor and texture and when fully ripe have cinnamon, clove and sweet undertones. This fruit holds up well in salads, salsas and stir fries. \*Go to [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) to learn more about fruits and vegetables and how you can eat and cook them!

## School Wellness Policies

In 2004, the Child Nutrition and WIC Reauthorization Act required that all school districts that participate in the National School Lunch Program have a local wellness policy by July 1, 2006. School Wellness Policies are required to benefit the students and to help provide a quality education. The needs that are addressed in each policy are nutrition education, physical activity and other school-based activities that are designed to promote student wellness. A healthy school environment goes past the meals served in the cafeteria. Each wellness policy can be found on your district's website: **Willmar**— Go to the district website, select "District" on the left hand side of the page. From there click "Policies" and scroll down to the "Students" heading. The Well-

ness Policy is number 533 and is labeled "Wellness".

**New London-Spicer**— Go to the district website and click on "Parent/Student Info" on the left hand side of the screen. Scroll down the page to the "paw" with "Wellness Policy" under it.

**Montevideo**— Go to the district website, then select "District Office" from the headings at the top of the page. Click "Policies" and the Wellness Policy can be found at the top of the column on the left hand side of the page.

**Community Christian**— Go to the district website, then select "Resources" at the top of the page. Select "Parent Handbook" or refer to your hard copy of the Parent Handbook. The Wellness Policy is pages 55-61.

## Food of the Month

### CHEESE



-Cheese provides calcium, protein, phosphorus, vitamin A and zinc!

-About four dice-sized cubes is one serving of cheese.

-The Pilgrims included cheese in the Mayflower's supplies for their voyage to America in 1620. Once in America, the craft of cheese making spread quickly!

-It takes 10 pounds of milk to make 1 pound of cheese.

## 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

## Healthy Meals on a Budget

Many times people will say eating healthy costs too much money. The trick in providing healthier meals is to shop wisely and learn how to cook the meals from scratch. There are several ways to provide meals at a lower cost. Buy rice, noodles and beans in bulk and buy whole meats. Cook more than needed and save or freeze leftovers for lunches or quick family meals. Buy store brand. Food companies pay to have their brand at eye level on the shelf; look higher and lower on the shelves for less expensive brands. Buy fresh fruits and vegetables on sale and in season. In the off-seasons purchase frozen or canned fruits and vegetables.

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

Stock up on frozen fruits and vegetables when on sale. Take a few extra minutes to look at the store's coupons and sale items. Remember when you think you don't have time to look at coupons and sales, that this can save you quite a bit of money in the end.

One key tip to help pull together buying in bulk and saving leftovers is to use leftovers to make another meal the next night. Now many will say, "My family doesn't want the same meal two nights in a row." Here is where it is time to take those same ingredients and make a new meal! Take meats, such as chicken, pork, seafood or

beef, and chop it up and put it in a stir fry, homemade soup, casserole or use to make tacos or fajitas. Leftover whole turkey can be turned into shredded turkey sandwiches with sauce selections, turkey salad or used to make a chef salad; the same can be done with leftovers from a whole chicken or from pork. Put leftover vegetables in a stir fry, soup, chili, casserole or a side dinner salad. For example, a meal for the first night might consist of chicken (from a whole chicken), brown rice, mixed vegetables, grapes and low-fat milk. Leftovers from this meal can be turned into a creamy wild rice soup with vegetables, a chicken stir fry with brown rice or even a chicken and wild rice hot dish with vegetables mixed. Not only are leftovers being used, these meals are quick and easy to throw together for those busy nights!

## What's on the Menu: Oven Roasted Potatoes

Number of portions: 8

Portion size: 1/2 cup

### Ingredients:

2 Pounds Potatoes, Diced

2 Tbsp. Cooking Oil

1/3 Cup Shredded Parmesan Cheese

1/2 tsp. Salt

1/2 tsp. Garlic Powder

1/2 tsp. Onion Powder

1/2 tsp. Paprika

1/2 tsp. Pepper

### Instructions:

1. Preheat oven to 400°F.
2. Drain the diced potatoes. Toss potatoes with 2 tablespoons of cooking oil in a large bowl, coating well.
3. Mix together the seasonings for the potatoes (Parmesan Cheese, Salt, Garlic Powder, Onion Powder, Paprika, Black Pepper).
4. Add the seasonings into the oiled potatoes and toss well. Pour the potatoes out on a cookie sheet.
5. Bake for 20 minutes or until potatoes are tender when you push a fork into them and they are a nice light brown color. Stir once during baking. Serve hot.

## Fresh Fruit and Vegetable Corner: Snap Peas!

Peas are a member of the legume family. The legume family includes plants that have pods enclosing fleshy seeds. There are two main kinds of peas: green and edible-pod. Green peas have inedible pods and sweet, full-sized seeds (the pea). Most edible-pod peas have seeds that are not yet fully developed. Edible-pod peas are also known as snapping peas for how they can be "snapped" and eaten like green beans!

Snap peas are high in thiamine, also called vitamin B1. Thiamin is important for helping keep the body's nerves healthy and helping our bodies use the energy found in food. This vitamin is essential for the functioning of the heart, muscles and nervous system!



### 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.*