

NOVEMBER 2009



CREIGHTON ELEMENTARY SCHOOL DISTRICT

Breakfast and Lunch Menu

Party Time

Who doesn't love a party? The holidays are fast approaching and that usually means classroom celebrations. Classroom parties can help teach children valuable social skills such as sharing with others, how to prepare food, and how to clean up. But who says that food has to be a part of a party. Here are some great non-food classroom party ideas that you can use to help get you through the holiday season. However if you do choose to incorporate food into your parties here are some great healthy options that will meet our Local Wellness Policy standards as well as meet the Arizona Nutrition Standards.



| Non-food Ideas | Healthy Food Alternatives |
|--------------------------|----------------------------|
| Holiday card decorating | Bobbing for apples |
| Paper snowflakes | Popcorn necklaces |
| Design your own ornament | Make your own fruit kabobs |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 2 Poptart (38) French Bread Pizza (34) Corn (15) Apple or Raisins (24, 31) Teddy Grahams (16) | 3 Yogurt (14) Bean Burrito (46) Chef Salad (22) Carroteenies/ Ranch Dressing (9,0) Orange or Peaches (6, 18) Chocolate Chip Cookie (20) | 4 Bagel with Cream Cheese (32) Cheeseburger (32) Chef Salad (22) Lettuce and Tomato (3) Grapes or Pears (27,19) Apple Crisp (31) | 5 Pancake on a Stick (23) Breaded Chicken with Roll (12,15) Chef Salad (22) Mashed Potatoes/Gravy (18) Tossed Salad/ Asst Dressing (3,0) Banana or Pineapple (23, 17) Graham Crackers (21) | 6 Muffin (28) Corn Dog (30) Oven Fries (18) Fresh Vegetable/ Ranch Dressing (3,0) Fresh Fruit or Mixed Fruit (15,18) Peanut Butter Cookie (19) |
| 9 Cinnamon Pancakes (31) Chicken Patty Sandwich (44) Corn (15) Applesauce or Raisins (24, 31) Graham Crackers (21) | 10 Cheese Sticks (0) Baked Tortilla Scoops with Nacho Cheese/ Refried Beans (46) Fresh Fruit Bowl with Yogurt (48) Lettuce & Tomato, Salsa (3,4) Kiwi Fruit or Pears (24,19) Oatmeal Raisin Cookie (25) |  No School Veterans Day | 12 WW Breakfast Bar (38) Pasta with Meat Sauce (34) Fresh Fruit Bowl with Yogurt (46) Tossed Salad/ Asst Dressing (3,0) French Bread (17) Apple or Mixed Fruit (24,18) Teddy Grahams (16) | 13 Pro Ball (17) Egg Roll (27) Rice (20) Fresh Vegetable/ Ranch Dress (3,0) Fresh Fruit or Peaches (15,18) Sugar Cookie (22) |
| 16 Poptart (38) Pizza (34) Green Beans (3) Pears or Raisins (19,31) Goldfish Grahams (19) | 17 Breakfast Burrito (32) Chicken Fajitas with Flour Tortillas (23,29) Chicken Ranch Salad Bowl (30) Lettuce & Tomato, Salsa (3,4) Apple or Pineapple (24,17) Peanut Butter Cookie (19) | 18 Snack n Waffles (33) Ital Max Cheese Sticks (32) with Marinara Sauce (6) Chicken Ranch Salad Bowl (30) Broccoli Florettes/ Ranch Dressing (3,0) Banana or Mixed Fruit (23,18) Teddy Grahams (16) | 19 Banana Muffin Loaf (30) Turkey Gravy with Roll (35, 15) Chicken Ranch Salad Bowl (30) Mashed Potatoes/ Green Beans (18,3) Tossed Salad/ Asst Dressing (3,0) Orange or Peaches (6,18) Pumpkin Bread (29) | 20 Cinnamon Glazed French Toast (31) Managers Choice Oven Fries (18) Fresh Vegetable/ Ranch Dressing (3,0) Fresh Fruit or Applesauce (15,24) Oatmeal Raisin Cookie (25) |
| 23 Cinnamon Toast Crunch Cereal Bar (28) Toasted Cheese Sandwich (33) Corn (15) Apple or Pineapple (19,17) Graham Crackers (21) | 24 Breakfast Cookie (31) Hot Dog (23) Oven Fries (18) Broccoli Florettes/ Ranch Dressing (3,0) Orange or Mixed Fruit (6,18) Elfin Grahams (19) | 25 Muffin (28) Popcorn Chicken/ Dinner Roll (15,15) Carroteenies with Ranch Dressing (9,0) Fresh Fruit or Applesauce (15,24) Fishy Crackers (13) |  November 26 and 27 No School Happy Thanksgiving Day | |
| 30 Poptart (38) French Bread Pizza (34) Green Beans (3) Apple or Raisins (24,31) Teddy Grahams (16) | Cereal with Milk and Juice or Fruit is served with breakfast every day.   | | Important Notice: Students are only allowed to charge up to \$5 in their cafeteria account. After they have exceeded the \$5 limit, they will be given an emergency meal that consist of cheese sandwich, fruit and milk. For question or concerns talk to the cafeteria manager at your school. Thank you. | |

Weekly Menu Analysis

Week of November 2-6, 2009
Menu AVG Target

| | | |
|---------------|-------------|------------|
| Calories | 673 | 664 |
| Protein | 26.98 grams | 9.77 grams |
| Carbohydrates | 95.40 grams | 83 grams |
| Total Fat | 28% | <30% |
| Saturated Fat | 9% | <10% |

*Carbohydrate grams are listed after each menu item.

Please feel free to share any comments or recommendations regarding our school lunch menu to: Linda Daugherty, RD, Director of Food Services at: LDaugherty@creightonschools.org

"This institution is an equal opportunity provider." Menu subject to change.