

# MT. DIABLO UNIFIED SCHOOL DISTRICT

www.mdusd.k12.ca.us/foodservices

## JUNE 2006 • ELEMENTARY LUNCH MENU

Student Lunches: \$2.25 (Daily) • \$45.00 (20-Day)

½ pint chocolate nonfat or unflavored & strawberry lowfat milk served with each meal • Menu subject to change

# Harvest of the Month

Growing Healthy Students

Botanical name: *Lactuca sativa*



**SALAD GREENS** | June

### Salad Greens Fun

Take a trip to the salad bar.

- How many different types of lettuce did you find?
- What did the different lettuce look like? Was it dark or light green? Curly or flat? Jagged or round edges?
- What is your favorite vegetable at the salad bar? What is your favorite fruit?

For the 2006-07 school year,  
the first day of school is August 28.

Mon	Tue	Wed	Thu	Fri	Avg
<p>For the 2006-07 school year, the first day of school is August 28.</p>			<p><b>1</b> Spaghetti w/ Meat Sauce Or Turkey Taco Pocket Tossed Green Salad Breadstick Fresh Apple Fudge Ice Cream Bar Milk</p>	<p><b>2</b> Cheese Nachos Or Fiesta Bean Burrito Refried Beans Veggie Sticks with Ranch Chilled Diced Peaches Milk</p>	<p><b>NUTRIENTS</b></p> <p>Calories 691 Total Fat 29% Protein 32.28 G Calcium 824.84 Mg Iron 4.18 Mg Vitamin C 35.56 Mg Vitamin A 2481 IU</p>
			<p><b>5</b> Pepperoni Pizza* Or Submarine Sandwich Baby Carrots with Ranch Dressing Fresh Apple Milk</p>	<p><b>6</b> Chicken Nuggets Or Mini Cheeseburger Potato Smiley Faces Broccoli Florets and Cherry Tomatoes Milk</p>	<p><b>7</b> Mini Chicken Corn Dogs Pasta Salad Tossed Green Salad 100% Apple Juice Graham Crackers Milk <b>Cookie Sale 25¢</b></p>
<p><b>12</b> Mini Cheeseburger Baby Carrots with Ranch Dressing Chilled Pears Milk</p>	<p><b>13</b> Chicken Corn Dog Or Fish Nuggets Rotini Pasta with Parmesan Popeye Salad Fresh Apple Milk</p>	<p><b>14</b> French Toast with Syrup Beef Sausage Patty Banana 100% Orange Juice Milk <b>Cookie Sale 25¢</b></p>	<p><b>15</b> Fiesta Bean and Cheese Burrito Raw veggies Chilled Peach Cup Milk</p>	<p><b>16 BAG LUNCH</b> (by Pre-Order) Submarine Sandwich Baby Carrots with Ranch Dressing Fresh Apple Dolphin Cheese Crackers Milk</p>	<p><b>NUTRIENTS</b></p> <p>Calories 723 Total Fat 27.1% Protein 29.63 G Calcium 540.96 Mg Iron 4.11 Mg Vitamin C 41.52 Mg Vitamin A 4997 IU</p>

Low fat yogurt is offered daily as a non-meat choice. \*Pepperoni Pizza may contain pork.



**Substitutes Needed:** Would you like to work part time, earn extra money and still be off with your children? The Food Services Department is now recruiting substitutes. Substitutes work 2-3 hours a day and earn \$10.04 per hour. Vacant permanent positions are filled from the substitute pool. Call the Personnel Department at (925) 682-8000, ext. 7500 for application information.

**CHARGE POLICY** MDUSD allows elementary students to charge up to two lunches. Students who owe for two lunches are not allowed to charge additional meals. They will be given a milk and a fruit for three additional days to hold them over until they get home.\*

\* If you do not want your child to have charging privileges, please notify the Cafeteria.