



February 2009

Donaldson Elementary

Available Daily


Breakfast Items Available Daily
 Assorted Whole Grain Cereals
 Assorted Reduced Fat Muffins
 Nutri-Grain Bars
 Waffles to Go
 Granola Bars
 Assorted Whole Grain Cereal Bars

Daily Specials
 Tues. Bagel

Wed. French Toast Sticks
Thurs. Pancakes w/syrup
Fri. Sausage Bagel



LOOKS LIKE A MILLION



Madame C. J. Walker was the first woman, black or white, to become a millionaire entirely by her own accomplishments. Born in 1867 to former slaves, she worked in the Louisiana cotton fields as a child, but later developed a line of hair-care and cosmetic products for black women. By 1917, her company was the largest black-owned business in the U.S.

AFRICAN AMERICAN HISTORY MONTH
 Learn more at www.madamcjwalker.com or do a search for Madame C. J. Walker

Monday, Feb. 2

Choice of One
 1) Pepperoni & Cheese Filled Breadsticks
 2) Grilled Chicken Sandwich
 3) Popcorn Chicken w/roll
 4) PBJ on bread

Choice of Two
 Peas
 Fresh or Canned Fruit
Select one Milk

Tuesday, Feb. 3

Choice of One
 1) Walking Taco—Meat, shredded cheese & lettuce in a Bag of Tostitos
 2) Chicken Nuggets w/roll
 3) Stuffed Crust Whole Grain Pizza
 4) PBJ on bread

Choice of Two
 Corn

Wed., Feb. 4

100TH DAY OF SCHOOL—

Choice of One
 1) Baked Chicken w/roll
 2) Salisbury Steak w/roll
 3) Turkey & Cheese on a hoagie bun
 4) PBJ on bread

Choice of Two
 Mashed Potatoes w/gravy
 Fresh or Canned Fruit
Select one Milk
 Dessert: 100 Calorie Pack

Thursday, Feb. 5

Choice of One
 1) Baked Fries w/ bacon & cheese
 2) Chef Salad w/roll
 3) Popcorn Chicken w/roll
 4) PBJ on bread


Choice of Two
 Green Beans
 Fresh or Canned Fruit

Friday, Feb. 6

Choice of One
 1) Breadsticks w/ cheese & sauce
 2) Stuffed Crust Whole Grain Pizza
 3) Chicken Nuggets w/roll
 4) PBJ on bread

Choice of Two
 Yogurt
 Juice Bar
Select one Milk

USE THE SLEEVE!



AAA...
 AHO!

You've always been told to cover your mouth when you cough or sneeze. But that just puts all the germs in your hand! That's why many health experts now advise that you sneeze into your sleeve or the crook of your elbow instead of covering your mouth with your hand.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, Feb. 9

Choice of One
 1) Mashed Potato Bowl Corn, Chicken, Potatoes & gravy
 2) Hot Dog on a bun
 3) Popcorn Chicken w/roll
 4) PBJ on bread

Choice of Two
 Corn
 Fresh or Canned Fruit
Select one Milk

Tuesday, Feb. 10

Choice of One
 1) Pancakes w/ sausage
 2) Chicken Patty on a bun
 3) Stuffed Crust Whole Grain Pizza
 4) PBJ on bread

Choice of Two

Wed., Feb. 11

Choice of One
 1) Soft Pretzel w/mini Hoagie
 2) Big Daddy's Pizza
 3) Turkey & Cheese on a hoagie bun
 4) PBJ on bread

Choice of Two
 Peas
 Fresh or Canned Fruit
Select one Milk
 Dessert: Ice Cream

Thursday, Feb. 12

Choice of One
 1) Pasta Bar— Assorted Pasta & Sauces
 2) Corndog on a stick
 3) Popcorn Chicken w/roll
 4) PBJ on bread

Choice of Two

Friday, Feb. 13

Choice of One
 1) Breadsticks w/ cheese & sauce
 2) 5" Round Pizza
 3) Chicken Nuggets w/roll
 4) PBJ on bread

Choice of Two
 Yogurt
 Juice Bar
Select one Milk
 Dessert: Cookie Treat

Happy Valentine's Day!



The Nutrition Sleuth

Taking a closer look at the foods we eat . . .

People have been eating soup for at least 8,000 years. The main ingredient back then? Hippopotamus! By one estimate, Americans today eat 10 billion bowls of soup a year – none of which contain hippo. American women are twice as likely as men to eat soup for lunch.



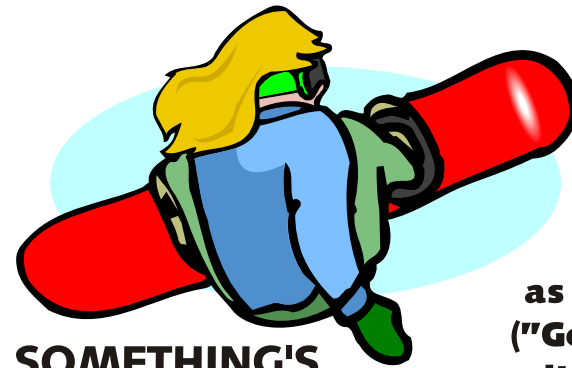
Calorie analysis of this typical School Lunch Combo:
 Chunky Chicken Noodle Soup
 Crackers
 Raw Baby Carrots with Ranch Dressing Dip
 Fresh Pear
 Vanilla Ice Cream

Total calories: 713
Calories from protein: 16%
Cal. from carbohydrates: 58%
Calories from fat: 26%
Goal: 30% or less fat calories



NEW HAMPSHIRE

"The Granite State"
 The 9th State to Ratify the U.S. Constitution (1788)
 State Capital: Concord



SOMETHING'S BURNING
 Exercise for good health

Whether you ride goofy or regular, an hour of snowboarding burns as many as 600 calories. ("Goofy" means with your right foot forward on the board.)

Monday, Feb. 16
Choice of One
 1) Teriyaki Chicken w/ Egg Roll
 2) Pepperoni Hot Packet
 3) Popcorn Chicken w/roll
 4) PB&J on bread
Choice of Two
 Rice
 Fresh or Canned Fruit
Select one Milk

Tuesday, Feb. 17
Choice of One
 1) Chicken Strips w/roll
 2) BBQ Rib on a bun
 3) Stuffed Crust Whole Grain Pizza
 4) PB&J on bread
Choice of Two

Wed., Feb. 18
Choice of One
 1) Nachos Supreme w/ meat & cheese
 2) Fruit/Yogurt/Cheese Plate
 3) Turkey & Cheese on a hoagie bun
 4) PB&J on bread
Choice of Two
 Corn
 Fresh or Canned Fruit
Select one Milk

Thursday, Feb. 19
Indoor Cookout
Choice of One
 1) Hamburger on a bun
 2) Hot Dog on a bun
 3) PB&J on bread
Choice of Two
 Apples in a bag
 Baked Beans

Friday, Feb. 20
Choice of One
 1) Breadsticks w/ cheese & sauce
 2) Cheesy Square Pizza
 3) Chicken Nuggets w/roll
 4) PB&J on bread
Choice of Two
 Yogurt
 Juice Bar
Select one Milk

Monday, Feb. 23
Choice of One
 1) Pierogies(2) & Chicken Nuggets(3)
 2) Popcorn Shrimp w/ roll
 3) Popcorn Chicken w/roll
 4) PB&J on bread
Choice of Two
 Green Beans
 Fresh or Canned Fruit
Select one Milk

Tuesday, Feb. 24
Choice of One
 1) Buffalo Chicken Bites
 2) Chicken Fries w/roll
 3) Stuffed Crust Whole Grain Pizza
 4) PB&J on bread
Choice of Two

Wed., Feb. 25
Choice of One
 1) Famous Sausage Bagel Sandwich
 2) Chicken Strips w/ roll
 3) Turkey & Cheese on a hoagie bun
 4) PB&J on bread
Choice of Two
 Smiley Fries
 Fresh or Canned Fruit
Select one Milk

Thursday, Feb. 26
Choice of One
 1) Mini Burgers— Sliders
 2) Hot Dog on a bun w/wo Chili
 3) Popcorn Chicken w/roll
 4) PB&J on bread
Choice of Two
 Scalloped Potatoes

Friday, Feb. 27
Choice of One
 1) Breadsticks w/ cheese & sauce
 2) Stuffed Crust Whole Grain Pizza
 3) Chicken Nuggets w/roll
 4) PB&J on bread
Choice of Two
 Yogurt
 Juice Bar
Select one Milk



EXPLORING THE SECRETS OF "MY PYRAMID"



A: Some milk actually has MORE saturated fat than bacon! Three strips of pan-fried bacon contain about 3 grams of saturated fat (the bad kind). Eight ounces of whole milk contains 5 grams. Even 2% milk contains 3 grams of saturated fat per eight ounces – the same as the bacon. Nonfat milk, of course, has no saturated fat. If you don't already drink nonfat milk, you should try it!

LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML