


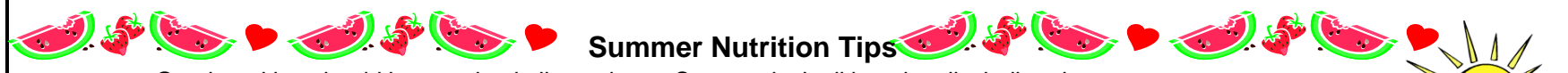
<b>LUNCH PRICES</b>
PAID \$2.15
REDUCED \$ .40
<b>PREMIUM \$3.15</b>
HOT PACK \$1.35

# NASH & NAI School Menu June 2009



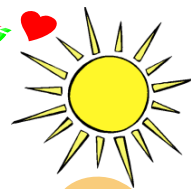
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis of the Week:
<b>1</b> <u>General Tso's Chicken</u> w/ Rice Or <u>Ham BBQ on a Bun</u>  FEATURED FRUIT & VEGGIE Choice of Fruit or 100% Juice Steamed Broccoli Choice of Milk	<b>2</b> <u>Chicken &amp; Cheese Quesadilla</u> Or <u>Cheese Lasagna w/ Warm Breadstick</u>  FEATURED FRUIT & VEGGIE Choice of Fruit or 100% Juice Green Beans Choice of Milk	<b>3</b> <u>Greek Chicken Salad w/ Whole Wheat Roll</u> Or <u>Meatball Hoagie w/ Cheese</u>  FEATURED FRUIT & VEGGIE Choice of Fruit or 100% Juice Oven Fries/ Green Beans Choice of Milk	<b>4</b> <u>Buffalo Chicken Wrap</u> Or <u>French Toast Sticks w/ Sausage &amp; Syrup</u>  FEATURED FRUIT & VEGGIE Choice of Fruit or 100% Juice Tater Tots/Garden Peas Choice of Milk Treat: Warm Cinnamon Peaches	<b>5</b> <u>Assorted Pizza</u> Or <u>Pasta Bar w/ Assorted Sauces &amp; Breadstick</u>  FEATURED FRUIT & VEGGIE Choice of Fruit or 100% Juice Roasted Vegetables Choice of Milk	Calories: 782 Total Fat: 28.7% Saturated Fat: 9.96% Protein: 35 grams Calcium: 570 mg Iron: 4.16 mg Vitamin A: 2146 IU Vitamin C: 41.21 mg
<b>8</b> <u>Turkey &amp; Cheese</u> on Pretzel Bun Or <u>Chicken Nuggets</u> w/ Whole Wheat Roll  FEATURED FRUIT & VEGGIE Choice of Fruit or 100% Juice Mashed Potatoes w/ Gravy/Peas Choice of Milk	<b>9</b> <u>Toasted Cheese on w/ Tomato Soup</u> Or <u>Southwest Chicken Panini</u>  FEATURED FRUIT & VEGGIE Choice of Fruit or 100% Juice Garden Peas Choice of Milk Treat: Banana Bread	<b>10</b> <u>Crispy Chicken Salad w/ Whole Wheat Roll</u> Or <u>Breakfast Sandwich</u> (Sausage, Egg, and Cheese)  FEATURED FRUIT & VEGGIE Choice of Fruit or 100% Juice Oven Fries/ Golden Corn Choice of Milk	<b>11</b> <u>Baked Chicken</u> w/ Whole Wheat Roll Or <u>Ham &amp; Cheese</u> on Pretzel Bun  FEATURED FRUIT & VEGGIE Choice of Fruit or 100% Juice Green Beans Choice of Milk	<b>12</b> <b>In Service Day</b> <b>No Classes</b>   <b>The World Is Yours To Conquer</b>	Calories: 814 Total Fat: 28.9% Saturated Fat: 9.66 % Protein: 34 grams Calcium: 541 mg Iron: 4.05 mg Vitamin A: 2933 IU Vitamin C: 48.9 mg

Available Everyday:  
All American  
Bordertown  
Deli Express  
Vegetarian Options Available  
Salad Bar  
Homemade Soups  
Grab & Go  
Fresh Gourmet -Wraps  
-Fruit Salads  
-Specialty Salads



## Summer Nutrition Tips

Good nutrition should be practiced all year long. Summer isn't all beach volleyball and water sports. Lots of summer activities can work against our efforts to stay at a healthy weight (campfire s'mores and back yard barbecues). It is easy to avoid problems if we know what to look out for and we can plan ahead. The following tips will help you stay focused.



**Beat the Heat**  
Don't let summer heat put your exercise plans on hold. If a gym isn't your scene, try bowling, join a local pool, or move your regular run or soccer game to early morning.

**Stay Busy**  
Filling your days with things to do can give you a sense of accomplishment. Limit your screen time—including texting and video games to no more than 2 hours each day

**Stick to a Schedule**  
Now that school is out, we lose our daily routines. If you don't have a job or specific activity, it's easy to sleep late, watch too much TV, and snack more than usual.

- Schedule exercise for the same time each day
- Eat balanced meals at set times
- Try to get at least 8 hours of sleep each night

**Set Goals**  
Without a plan it's easy to spend summer moving from couch to computer, with regular stops at the fridge.

- Volunteer at a local church, soup kitchen, or animal shelter
- Master a new skill— learn to play an instrument
- Register for a 5 K race
- Aim for 5-9 different fruits & vegetables each day

**Think about what you Eat & Drink**  
Summer means picnics and barbecues, activities that revolve around an unlimited spread of food.

- Watch your portion sizes
- Make catching up with family and friends your focus, not the food
- Limit frozen treats like ice cream to no more than once a week
- Water is the best choice for hydration. Add a lemon or lime.

**The Dining Services Team would like to wish everyone a safe & happy summer**

*Menus are subject to change*

Milk choices may include 1% white, chocolate, vanilla, strawberry, and skim

3 different fresh fruits, vegetables, juices & canned fruits available everyday. Additional Choices This month include: Apples, Bananas, Melon Wedges, Dried Cherries/ Cranberries, Applesauce, Peaches, Mixed Fruit, Baby Carrots, Cucumber Slices, Assorted Peppers