













Holyoke Public Schools Breakfast Menu September, 2010

CHOICE OF SKIM OR LOW FAT MILK IS OFFERED WITH EACH BREAKFAST MEAL

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Jumbo Waffles <i>with Warm Fruit Topping</i> Milk	2 Breakfast Fruit Yogurt Parfait <i>Mini Parfait Layered w/ Low Fat Yogurt & Bite Sized Seasonal Fruit and crunchy topping</i> <i>Wheat Toast with Jam</i> Milk	3  <i>Balanced Choices Meal:</i> Denver Bagel Topper <i>Toasted Bagel Half Topped w/ Lean Ham, Veggie Bits, and Melted Natural Cheese</i> Assorted Chilled Juices Milk
6 Labor Day Holiday	7  Cold Cereal Bar <i>with your choice of cold cereals wheat toast with Jam</i> fresh cut seasonal fruit Milk	8 Toasted Whole Wheat Bagel with Melted Cheese Assorted Chilled Juice Milk	9 Cheesy Scrambled Eggs <i>Scrambled Eggs w/ Natural Cheese</i>  Whole Wheat Toast Mini Hash Brown Potatoes Milk	10  Fresh Baked Corn Bread <i>Offered w/ Fruit Jam</i> Tropical Peach Smoothie <i>Homemade w/ Fruit, Juice & Low Fat Yogurt</i> Milk
13  <i>Balanced Choices Meal:</i> Cinnamon Raisin Oatmeal & Pan Seared Turkey Sausage Sliced Peaches Milk	14  Warm Wheat Bagel Topped with Melted Cheese Petite Banana Milk	15 Fluffy Breakfast Pancakes <i>Served with Turkey Sausage Patties, and Syrup</i> Chilled Apple Juice Milk	16 Toasted English Muffin Peanut butter (or Sunbutter) & Jelly Assorted Chilled Juices Milk	17 Breakfast Fruit Yogurt Parfait <i>Mini Parfait Layered w/ Low Fat Yogurt & Bite Sized Seasonal Fruit and crunchy topping</i> Raisins Milk
20  Hot Ham & Cheese Breakfast Slyders <i>Turkey Ham & Natural Cheddar in a Soft Roll/Sunshine</i> Apricot Applesauce Blend Milk	21  Warm Whole Grain Blueberry Muffin <i>with Jam</i> Orange slices Milk	22  <i>Balanced Choices Meal:</i> Breakfast Scoops! <i>Sweet N Toasty Wheat Pita Chips w/ Low Fat Yogurt & Rainbow Fruit Salad</i> Chilled Pure Fruit Juice Blend Milk	23  Pancake with Lean Turkey Sausage & Maple Syrup Fresh Apple Milk	24 <i>Egg ham and Cheese on a English Muffin</i> <i>Assorted chilled fruit cups</i> Milk
27 Cheesy Scrambled Eggs <i>Scrambled Eggs w/ Natural Cheese</i>  Whole wheat toast Mini Hash Brown Potatoes Milk	28 Warm cinnamon Oatmeal Whole Wheat Toast w/ Jam Applesauce Milk	29 French Toast Slices with Syrup Orange Smiles Milk	30  Cold Cereal Bar <i>with your choice of cold cereals wheat toast with Jam</i> fresh cut seasonal fruit Milk	



Menu items including this food are Locally Grown.

Part of making healthy diet choices means making 1/2 of your grains whole. Breakfast is a great opportunity to meet your daily whole grain requirements!




Alternate Breakfast Available Daily

Cereal Bowl

We offer a variety of kid-friendly cereal choices meeting our nutritional criteria of ≤ 5 grams of sugar OR ≥ 3 grams of fiber per serving

-AND-

Choice Of One:

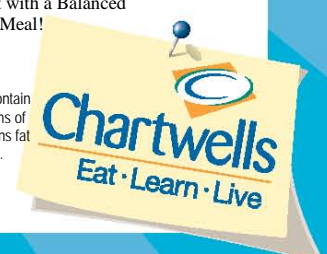
-  Bagel w/ Light Cream Cheese & Fruit Spread
- Graham Crackers
- Part Skim Sting Cheese Stick
- Low Fat Yogurt Cup

Offered w/ Featured Fruit or Juice Sides
AND Skim or Low Fat Milk

The Award-Winning Chartwells Balanced Choices® Meal Program

highlights calorically appropriate, nutrient-rich meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you start your day right with a Balanced Choices Meal!

ALL of our offerings contain ZERO grams of artificial trans fat per serving.



Why is breakfast so Important?

A growing body of evidence indicates breakfast is good for your health. Studies show that adults, who eat breakfast, especially a healthy breakfast, are more likely to:

- Consume more vitamins and minerals and less fat and cholesterol during the day
- Have more strength and endurance
- Have better concentration and are more productive throughout the morning
- Control their weight
- Have lower cholesterol, which reduces the risk of heart disease

Breakfast is especially important for children and adolescents. According to the American Dietetic Association, children who eat breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert and creative, and less likely to miss days of school.

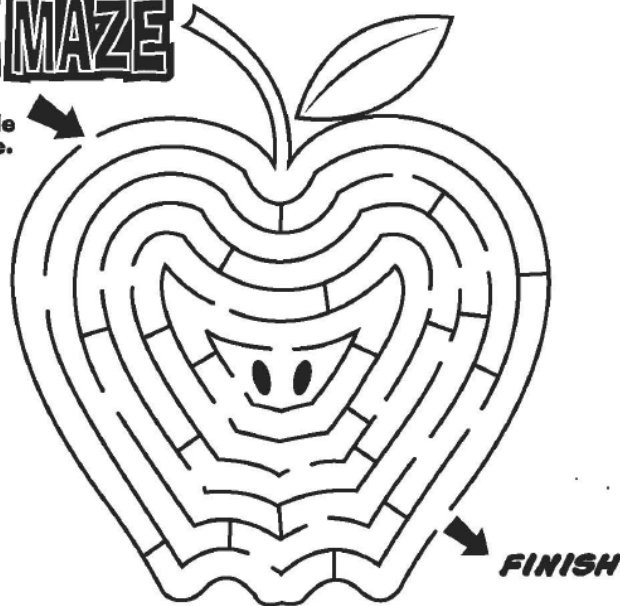
Source: www.mayoclinic.com

School Breakfast Information

No advance registration necessary! All students are welcome every day!

APPLE MAZE

Find your way through the apple to the other side.



The School Breakfast Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.



Revised on 8.11.2010


Snack Menu September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>Wheat Thin Crackers</i> 100% Juice Grape (6oz)	2 Scooby Doo Graham <i>100% juice Fruit Punch (6oz)</i>	3 Apple muffin <i>100% juice Grape (6oz)</i>
6 Teddy Grahams 100% Juice Apple (6oz)	7 Goldfish Crackers 100% Juice orange (6oz)	8 Yogurt cup 100% Juice Grape (6oz)	9 <i>Animal crackers</i> 100% juice Fruit Punch (6oz)	10 Banana muffin <i>100% juice Orange (6oz)</i>
13 Graham crackers 100% Juice Apple (6oz)	14 <i>String cheese stick</i> <i>100% Juice OJ (6oz)</i>	15 <i>Wheat Thin Crackers</i> 100% Juice Grape (6oz)	16 Scooby Doo Graham <i>100% juice Fruit Punch (6oz)</i>	17 Apple muffin <i>100% juice Grape (6oz)</i>
20 Teddy Grahams 100% Juice Apple (6oz)	21 Goldfish Crackers 100% Juice orange (6oz)	22 Yogurt cup 100% Juice Grape (6oz)	23 <i>Animal crackers</i> 100% juice Fruit Punch (6oz)	24 Banana muffin <i>100% juice Orange (6oz)</i>
27 Graham crackers 100% Juice Apple (6oz)	28 <i>String cheese stick</i> <i>100% Juice OJ (6oz)</i>	29 <i>Wheat Thin Crackers</i> 100% Juice Grape (6oz)	30 Scooby Doo Graham <i>100% juice Fruit Punch (6oz)</i>	


eat learn live








Holyoke Schools K-8 Lunch Menu September 2010



 Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

 This month's featured menu items made w/ locally grown produce are offered on September 1st, 3rd, 9th, 17th, 21st, 22nd and 29th.

 Part of making healthy diet choices means making $\frac{1}{2}$ of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! Look for this symbol in the cafeteria to help you identify whole grain foods.

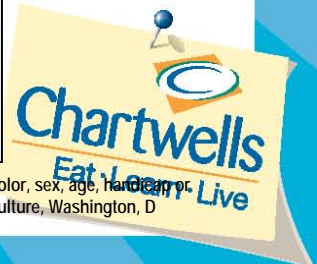
Welcome Back Students!		1 Baked Breaded Chicken Nuggets* w/ biscuit Seasoned Peas Fresh Peach Choice of Milk	2  Balanced Choices Meal: Pasta & Italian Meatballs with Tomato Sauce Tossed Salad w/ Vinegar & Oil Dressing Spiced Apples Slices Choice of Milk	3 Cheese or Pepperoni Pizza* Fresh Zucchini Sticks w/ Ranch Dip Fresh Oranges Smiles Choice of Milk
6 LABOR DAY SCHOOL CLOSED	7 Popcorn Chicken w/ Breadstick Seasoned Corn 100% Fruit Juice Choice of Milk	8  Balanced Choices Meal: Turkey Hot Dog on a Bun w/ Oven Baked Fries Seasoned Peas & Carrots Chilled Pears Choice of Milk	9 Baked Macaroni & Cheese Dinner Roll Seasoned Green beans Fresh Regional Apples Choice of Milk	10 Cheese or Pepperoni Pizza* Tossed Salad w/ Vinegar & Oil Dressing Chilled Blueberry Cup Choice of Milk
13 Warm Crispy Chicken* Ranch Salad w/ Croutons & Dinner Roll Orange Wedges Choice of Milk	14 Pancakes w/ Scrambled Eggs Crispy Tater Tots Diced Peaches Choice of Milk	15 Meatball Sub Seasoned Mixed Vegetables Blueberry Cobbler Choice of Milk	16  Balanced Choices Meal: Chicken Fajita w/ Salsa Seasoned Corn 100 % Fruit Juice Choice of Milk	17 Cheese or Pepperoni Pizza* Cucumber wheels w/ Italian Dipping Sauce Fresh Regional Apples Choice of Milk
20 Hot Ham & Cheese on a Bagel Crispy Tater Tots Chilled Pears Choice of Milk	21 Sloppy Joe on a Bun Fresh Creamy Coleslaw Chilled Peaches Choice of Milk	22 Nachos* w/ Spicy Meat, Cheese, Lettuce & Salsa Fresh Regional Apples Rice & Beans Choice of Milk	23  Balanced Choices Meal: Roast Turkey Dinner w/ Gravy, Wheat Bread Mashed Sweet Potatoes Green Beans Cranberry Sauce Choice of Milk	24 Cheese or Pepperoni Pizza* Broccoli Flowerets Ranch Dip 100% Fruit Juice Choice of Milk
27 Breaded Chicken* Sandwich on a Bun Baked Tater Tots Chilled Peaches Choice of Milk	28  Balanced Choices Meal: Taco Salad w/ Tortilla Shell Rounds* Rice & Beans Fresh Banana Choice of Milk	29 Cheeseburger on a Bun Oven Baked Fries Fresh Regional Apples Choice of Milk	30 Toasted Cheese Sandwich on Whole Wheat Tossed Green Salad Orange Smiles Choice of Milk	

Alternate Lunches


- Mondays-** Yogurt & Cracker Stackers Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers), Baby Carrots and Fruit,
 - Tuesdays-**  Cold Pizza Bagel Fun Lunch (Bagel, Pizza Sauce & Shredded Cheese) and Fruit
 - Wednesdays-** Scooters Cereal bowl Served w/ Yogurt Cup & Cubes of Ham or Turkey Ham
 - Thursdays-** Junior Turkey (or turkey ham) & Cheese Sub w/ Graham Crackers, Fresh Cut Oranges, and 100% Fruit Juice
 - Fridays-** Cold Nachos Fun Lunch: Crispy Tortilla Shell Rounds* w/ Shredded Cheddar, Salsa and Fruit
-  **Peanut Butter & Jelly on Whole Wheat Available DAILY!**



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Parents- did you know...?

NONE of our menu items are fried, and ALL of our foods contain zero grams of trans fat per serving! We further reduce unhealthy fats by offering lean meats, white meat chicken, reduced fat cheeses, all natural low fat yogurt, light mayonnaise & salad dressings, and exclusively skim and 1% milk from New England farmers who pledge not to use artificial hormones in their herds. Whole grain menu items are available daily, for example whole wheat bread, bagels, or crackers, brown rice, and whole grain corn taco shells and rounds contain NO hydrogenated oils. We prepare our food without added salt and sugars and are seasoned with herbs, spices, and low sodium broth to make them flavorful. Fish when included on the menu includes only sustainable species. We purchase exclusively cage free shell eggs.  Look for our "Local Flavor" icon on the menu to identify our menu choices made w/ locally grown produce offered at least once a week!


September Food Focus - China

Chinese cooking, like most of Asia, focuses first on a starch like rice or noodles, then adds an accompaniment of meat or seafood, rather than meat first, starch and vegetables second, as found in European-influenced cuisines. Recipes in China are as diverse as the language, with its 80,000 characters, and Chinese immigrants have brought this complex culinary heritage to almost every region of the world.

Traditionally, Chinese culinary characteristics are divided by region. The northern portion of China has a distinct Mongolian influence, characterized by the nomadic simplicity of the fire pot. Since rice is not grown in the north, there is more emphasis on noodles, soybeans and breads. To the south, Cantonese cooking evolved in a rich agricultural region; and local cuisine highlights fresh fruit and seafood. Spicy foods prevail in the western mountain regions of Szechuan and Hunan.

Source: www.globalgourmet.com

DOT·2·DOT
Complete the dot-to-dot and color the picture.



1) Did you know that the United States and Italy produce wheat?
2) China and the Caribbean produce rice. Can you find them?
3) Look for places where they grow beans. Both Mexico and the Mediterranean are producers.

School Foodservice Information

No advance registration necessary! All students are welcome every day!

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