



San Angelo ISD Elementary Breakfast and Lunch Menu

August
2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 Breakfast Sunrise Bites Berry Juice, Milk Lunch Oven Baked Ham or Spaghetti w/ Meat Sauce Corn, Tossed Salad, Hot Roll Applesauce, Milk	24 Breakfast Sausage Roll Apple Juice, Milk Lunch Grilled Cheese or Ham & Cheese Sandwich Beef Vegetable Soup, Pears Chocolate Cake, Milk	25 Breakfast Breakfast Sandwich Berry Juice, Milk Lunch Beef Nachos or Quesadillas Ranch Style Beans Tossed Salad, Fruit Salad Milk	26 Breakfast Pancake on a Stick Apple Juice, Milk Lunch Pizza or Lasagna California Vegetables Garlic Roll Fresh Orange, Milk	27 Breakfast Hot Pockets Berry Juice, Milk Lunch Cheeseburger or Hamburger, Oven Fries Hamburger Salad Oatmeal Cookie, Milk
30 Breakfast Cheese Toast Berry Juice, Milk Lunch Corn Dog or Fish Sticks Macaroni & Cheese Green Beans Peaches, Milk	31 Breakfast Sausage Roll Apple Juice, Milk Lunch Steak Fingers or Oven-Fried Chicken Green Peas, Mashed Potatoes Cream Gravy, Spice Cake Milk			

Menus can be seen at any of the following locations:
 Elementary Cafeteria, www.saisd.org, Cable Channel 4, KLST Morning Show

BREAKFAST PRICES

Student \$-0-

A complimentary free breakfast is provided to all elementary students

Adults & Visitors pay a la carte prices.

LUNCH PRICES

Elementary \$2.00

Reduced \$0.40

Additional Milk \$0.50

Adult \$2.90

**CATCH
Eat Smart!**

...it's all about Healthy Kids!

Coordinated School Health

- Fitness (kids increasing physical activity levels)
- Classroom (kids learning about healthy choices)
 - Food Service (kids choosing to eat smart)
- Family (kids applying healthy habits at home)



**PREPAY FOR SCHOOL MEALS
CHECK ACCOUNT BALANCES
VIEW PURCHASE HISTORY**

800-961-6129

www.MealpayPlus.com

Serving up *Excellence*

MENU IS SUBJECT TO
CHANGE WITHOUT NOTICE

NUTRITION NEWSLETTER...

San Angelo ISD “Food for Thought”

August, 2010



BACK TO SCHOOL ISSUE

Welcome back To school!

Time to see old friends, make new ones and get ready for a year of learning and growing. and speaking of growing-
that means eating good food!

Did you know that the school cafeteria is one of the few places that you can find food in the correct portion sizes according to the Dietary Guidelines for Americans (RDA's)?

In a world where food is regularly “super sized” it is important to understand what is an appropriate serving size. Go to <http://www.squaremeals.org> for kids and check out “A Serving of Fun” to help you understand portion sizes.

For example:

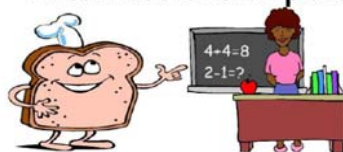
- * A yo-yo is about the size of a ½ cup of vegetable
- * A golf ball is about the size of a ¼ cup of fruit
- * A tennis ball can be compared to 1 cup of raw leafy vegetables
- * A playing card is about the size of 3 oz. meat

FACTS ABOUT SCHOOL MEALS –

- 1) Meets nutrient standards for protein, vitamin A, iron and Vitamin C, calcium and calories
- 2) Meets the Dietary Guidelines for Americans
- 3) Provides <30% of calories from fat and <10% calories from saturated fat
- 4) Provides portion sizes in accordance with the Food Guide Pyramid

Visit <http://www.saisd.org> for more info.

Breakfast for Champions



Breakfast = Achievement

Check your Elementary campus schedule and start the day with complimentary “free” school breakfast.

Breakfast in the classroom will be implemented during the year at elementary schools.



The My Pyramid Plan offered by the United States Department of Agriculture can help you choose the foods and amounts that are right for you. Good nutrition and academic success go hand-in-hand. Our goal at SAISD Food Services is not only to provide students with healthy, well-balanced meals, but also provide nutrition education to students so they will be able to make healthy food choices throughout their lives. Menus are planned so that breakfast meals provide ¼ of the nutrients needed daily for the different age groups. Lunches are planned to provide 1/3 of RDA's.

The Dietary Guidelines describe a **healthy diet** as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt, and added sugars

Visit <http://www.MyPyramid.gov> for more nutrition information and facts.