



# October 2011

Birmingham City Schools

Child Nutrition Program

## Monday, Oct. 3

Breakfast Pizza  
Fruit & Juice  
Milk

Pizza  
Burritos  
Pasta Salad  
Steamed Corn  
Tossed Salad w/Spinach  
Grapes  
Milk

## Tuesday, Oct. 4

Cheese Toast, Muffin  
Fruit & Juice  
Milk

Beef-a-Roni  
Country Fried Steak  
Black-eyed Peas  
Green Beans  
Tossed Salad w/Spinach  
Granny Smith Apple  
Cornbread  
Milk

## Wed., Oct. 5

Biscuit, Grits  
Sausage  
Fruit & Juice  
Milk

Chicken Nuggets  
Hot Dog Supreme  
Baked Beans  
Corn Nuggets  
Tossed Salad w/Spinach  
Fresh Pear  
Whole Wheat Roll  
Milk

## Thursday, Oct. 6

Cereal, Yogurt  
Fruit & Juice  
Milk

Chicken Salad/Crackers  
Turkey or Ham Wraps  
Lettuce/Tomatoes/  
Cheese  
Sun Chips  
Corn on the Cob  
Fruit Salad  
Cookie  
Milk

## Friday, Oct. 7

Waffle Sticks  
Sausage  
Fruit & Juice  
Milk

Manager's  
Choice

# LET'S GROW HEALTHY

NATIONAL SCHOOL LUNCH WEEK  
OCTOBER 10-14 2011

## Monday, Oct. 10

Donut, Cereal  
Yogurt  
Fruit & Juice  
Milk

Spaghetti  
Fish Nuggets or Fish  
Sandwich  
Green Beans  
California Blend  
Tossed Salad w/  
Spinach  
Cantaloupe  
Whole Wheat Roll

## Tuesday, Oct. 11

French Toast  
Sticks  
Fruit & Juice  
Milk

Pork Chop  
Salisbury Steak  
Macaroni & Cheese  
Collard Greens  
Candied Yams  
Cornbread  
Apple  
Milk

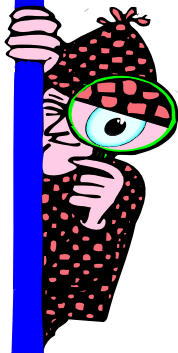
## Wed, Oct. 12

Manager's  
Choice

## The Nutrition Sleuth

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

October is a great month for apples! This is when you'll find the best variety in the stores and at produce stands. Each American eats, on average, 120 apples (about 40 pounds) a year, 80% of which come from just eight of the 2,500 different varieties of apples grown in the U.S.



Calorie analysis of this typical School Lunch Combo:  
Beef Tacos w/Cheese, Lettuce, Tomatoes, and Taco Sauce  
Rice and Beans  
Corn  
Fresh Apple Slices

Total calories: 708  
Calories from protein: 19%  
Cal. from carbohydrates: 56%  
Calories from fat: 25%  
Goal: 30% or less fat calories

## Thursday, Oct. 13

Breakfast Pizza  
Fruit & Juice  
Milk

Beef Tips  
Grilled Chicken Patty  
Brown Rice  
Stir-Fried Vegetables  
Pinto Beans  
Tossed Salad w/Spinach  
Tangerine  
Cornbread  
Milk

## Friday, Oct. 14

Toast, Grits  
Sausage  
Fruit & Juice  
Milk

Corn Dog  
Sloppy Joe  
Corn Chips  
Steamed Broccoli  
Tossed Salad w/  
Spinach  
Grapes  
Strawberry Shortcake

## TRANS-LATION

Trans fat was created to make processed foods last longer on the shelf. It's been used heavily in fast food, baked goods, and snack foods.



Your body doesn't need trans fat, and trans fat has been linked to lots of health problems. So look at food labels, and try to eat as little trans fat as you can.

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



Student Breakfast w/Milk	\$1.35	Elementary Lunch	\$1.85
Reduced Breakfast	\$ .30	Middle / High Lunch	\$2.10
Employee Breakfast	\$1.85	Reduced Lunch	\$ .40
Non- Employee Breakfast	\$2.10	Employee Lunch	\$2.60
Milk	\$ .45	Non-Employee Lunch	\$3.60
Ice Cream	\$ .50		

AVAILABLE DAILY

**Monday, Oct. 17**

Biscuit, Sausage  
Fruit & Juice  
Milk

Chicken or Beef Taco  
Salad  
Burrito  
Potato Rounds  
Spanish Rice  
Lettuce/Tomatoes/  
Cheese  
Fruit Juice Bar

**Tuesday, Oct. 18**

Pancake, Sausage  
Fruit & Juice  
Milk

Cheeseburgers  
Chicken Sandwich  
Sun Chips  
Steamed Corn  
Tossed Salad w/Spinach  
Apple  
Milk

**Wed., Oct. 19**

Cheese Toast, Muffin  
Fruit & Juice  
Milk

Baked Chicken  
Salisbury Steak  
Mashed Potatoes  
English Peas  
Tossed Salad w/Spinach  
Strawberries  
Whole Wheat Roll  
Milk

**Thursday, Oct. 20**

Manager's Choice

**Friday, Oct. 21**

Cereal, Yogurt  
Fruit & Juice  
Milk

Chicken Nuggets  
Pizza  
Pasta Salad  
Potato Rounds  
Tossed Salad w/Spinach  
Whole Wheat Roll  
Grapes  
Milk



**PYRAMID PUZZLERS**

EXPLORING THE SECRETS OF "MY PYRAMID"

**Q:** Why do some kids start acting like little monsters around this time of year?

**A:** Because they've been "GUILTY" too much candy! The way you eat can affect the way you behave. Try to eat balanced meals, and save the candy for a treat!

LEARN MORE AT [www.kidshealth.org/](http://www.kidshealth.org/)

**Monday, Oct. 24**

Waffle Sticks  
Fruit & Juice  
Milk

Lasagna  
Country Fried Steak  
Green Beans  
Tossed Salad w/  
Spinach  
Whole Wheat Roll  
Orange  
Milk

**Tuesday, Oct. 25**

Biscuit, Grits  
Fruit & Juice  
Milk

Deli Sandwich  
Tuna Salad/Crackers  
Pasta Salad  
Corn Salad  
Sun Chips

**Wed., Oct. 26**

Muffin, Yogurt  
Fruit & Juice  
Milk

Chicken Tetrizzini  
Salisbury Steak  
Steamed Broccoli  
Glazed Carrots  
Tossed Salad w/  
Spinach  
Whole Wheat Roll

**Thursday, Oct. 27**

Breakfast Pizza  
Fruit & Juice  
Milk

Hot Dog  
Fish Sandwich  
Baked Beans  
Corn Nuggets  
Tossed Salad w/Spinach  
Grapes  
Milk

**Friday, Oct. 28**

**Fall Break  
(Schools and  
District Offices  
Closed)**



**OCTOBER  
PERSIMMON  
FRUIT OF THE MONTH**

**Monday, Oct. 31**

Manager's Choice

