

# 2009 September



*Welcome*  
**BACK TO SCHOOL**

<b>WEDNESDAY</b> BREAKFAST ENTRÉE Assorted Cold Cereal <b>9</b> ..... <b>A) Chicken Drumsticks</b> <b>B) Whole Grain Cheese Pizza</b> Baby Carrots *Local Chilled Pears *Local Crisp Apple *Local Mini Animal Crackers	<b>THURSDAY</b> BREAKFAST ENTRÉE Assorted Cold Cereal <b>10</b> ..... <b>A) 100% Beef Hamburger w/w/o American Cheese on Multigrain Bun</b> <b>B) Bean &amp; Cheese Burrito</b> Seasoned Oven Potatoes Garden Salad Cucumber Coins *Local Plump Purple Plum *Local	<b>FRIDAY</b> BREAKFAST ENTRÉE Belgian Waffle Sticks w/Sliced Strawberries <b>11</b> ..... <b>A) Whole Wheat Sub w/ Roast Turkey, Cheese &amp; Lettuce</b> <b>B) Cheese Quesadilla</b> Garden Salad Broccoli Florets Chilled Applesauce *Local Seasonal Fresh Fruit *Local Raisins
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<b>MONDAY</b> BREAKFAST ENTRÉE Assorted Cold Cereal <b>14</b> ..... <b>A) Whole Grain Chicken Corn Dog</b> <b>B) Breaded Fish Sandwich on Multigrain Bun w/ Tartar Sauce</b> Garden Salad Baby Carrots *Local Bunch of Grapes Honey & Oat Giant Goldfish
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<b>TUESDAY</b> BREAKFAST ENTRÉE Egg & Turkey Sausage Tac Go <b>15</b> ..... <b>A) Chicken Nuggets</b> <b>B) Mozzarella Breadsticks w/w/o Marinara Sauce</b> Hot Corn Niblets Garden Salad Cucumber Coins *Local Crisp Apple *Local Fruit Salad w/ Toasted Coconut
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<b>WEDNESDAY</b> BREAKFAST ENTRÉE Bagel-ful w/ Cream Cheese Filling <b>16</b> ..... <b>A) Teriyaki Chicken</b> <b>B) Vegetable Egg Roll w/w/o Sweet &amp; Sour Sauce</b> Fried Brown Rice w/Peas & Carrots Garden Salad Sugar Snap Peas Orange Wedges 100% Fruit Juice
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<b>THURSDAY</b> BREAKFAST ENTRÉE Small Yogurt, Fruit Muffin <b>17</b> ..... <b>A) Breaded Chicken Burger on Multigrain Bun</b> <b>B) Chili Cheese Wrap</b> Garden Salad Fresh Jicama Kool Kiwi Fruit Oatmeal Chocolate Chip Cookie
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<b>FRIDAY</b> BREAKFAST ENTRÉE Egg & Cheese Muffin <b>18</b> ..... <b>A) Soft Taco w/ Seasoned Beef &amp; Beans, Cheddar Cheese</b> <b>B) Italian Hot Pocket</b> Garden Salad Carrot Coins *Local Chilled Peaches Seasonal Fresh Fruit Pudding Cup
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<b>MONDAY</b> BREAKFAST ENTRÉE Assorted Cold Cereal <b>21</b> ..... <b>A) Turkey Ham &amp; Cheese Melt on Multigrain Bun</b> <b>B) Breaded Fish Nuggets</b> Seasoned Oven Potatoes Garden Salad Baby Carrots *Local Apple Slices *Local Vanilla Sporty Snacks
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<b>TUESDAY</b> BREAKFAST ENTRÉE Grilled French Toast Sticks w/ Syrup <b>22</b> ..... <b>A) Beef Teriyaki Burger on a Multigrain Bun</b> <b>B) Toasted Cheese Sandwich</b> Garden Salad Creamy Coleslaw *Local Fresh Pluot *Local Citrus Fruit Bites *Local
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<b>WEDNESDAY</b> BREAKFAST ENTRÉE Zac-o-Mega Breakfast Bar <b>23</b> ..... <b>A) Beef Ravioli</b> <b>B) Veggie Burger w/w/o American Cheese on Multigrain Bun</b> Garden Salad Crunchy Zucchini Wheels *Local Petite Banana Whole Wheat Roll
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<b>THURSDAY</b> BREAKFAST ENTRÉE Whole Wheat Cinnamon Roll <b>24</b> ..... <b>A) Vietnamese Sandwich w/ Turkey Ham &amp; Carrot-Radish Slaw</b> <b>B) Bean &amp; Cheese Burrito</b> Garden Salad Cucumber Coins *Local Chilled Tropical Fruit Kool Kiwi Fruit 100% Fruit Juice
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<b>FRIDAY</b> BREAKFAST ENTRÉE Pancake on a Stick <b>25</b> ..... <b>A) Chicken Hot Dog w/ Mustard</b> <b>B) Mozzarella Breadsticks w/w/o Marinara Sauce</b> Hot Corn Niblets Garden Salad Baby Carrots *Local Chilled Pears *Local Seasonal Fresh Fruit
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<b>MONDAY</b> BREAKFAST ENTRÉE Assorted Cold Cereal <b>28</b> ..... <b>A) Chicken Drumsticks</b> <b>B) Spaghetti w/ Marinara Sauce</b> Seasoned Oven Potatoes Garden Salad Baby Carrots *Local Bunch of Grapes Cinnamon Bug Bites
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<b>TUESDAY</b> BREAKFAST ENTRÉE Breakfast Burrito w/ Egg & Cheese <b>29</b> ..... <b>A) Chicken Club Salad w/ Whole Wheat Roll</b> <b>B) Whole Grain Cheese Pizza</b> Garden Salad Grape Tomatoes Juicy Orange Wedges Royal Brownie
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<b>WEDNESDAY</b> BREAKFAST ENTRÉE Small Yogurt, Fruit Muffin <b>30</b> ..... <b>A) Chicken Fajita w/ Tortilla</b> <b>B) Cheese Quesadilla</b> Garden Salad Crinkle Cut Carrots *Local Fresh Purple Plum *Local Dried Berries (Cherry & Blue) *Local
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**QUALIFIED STUDENTS EAT FOR FREE!**  
 Students who qualify for reduced priced meals enjoy Breakfast and Lunch for FREE in their school. For more information on how to complete an application for Free or Reduced Priced Meals contact the Lunchroom Manager at your child's school or Nutrition Services at 206-252-0675.

**TEAM BREAKFAST**  
 FREE Breakfast is offered to students at 14 schools around the district as part of the TEAM BREAKFAST Program. Participating schools for the 2009-10 school year include: Bailey Gatzert, Brighton, Concord, Dearborn Park, Dunlap, Emerson, Hawthorne, Northgate, Roxhill, Secondary BOC, Thurgood Marshall, Van Asselt, West Seattle Elementary and Wing Luke. All students, regardless of eligibility for free, reduced or full-priced meals, enjoy Breakfast free in these schools.

Whole Wheat Toast,  
 Fruit and/or  
 100% Fruit Juice  
  
 And Milk Served Daily  
 at Breakfast.

Alternate Daily  
 Lunch Choice  
  
 Local organic  
 yogurt,  
 bread du Jour,  
 fresh fruits &  
 vegetables.

HARVEST  
 OF THE MONTH  
*Yakima Valley*  
**Fresh Purple Plum**

**H**ealthy eating can help with your child's success in school.  
 Studies show that fruit and vegetable consumption improves memory and classroom behavior.  
 Explore, taste and learn about eating more fruits and vegetables.

HARVEST OF THE MONTH feature for September are purple plums from the Yakima Valley.

Ⓟ Pork  
 Soy is a common ingredient in  
 foods served

**ETHNIC ENTREE**  
 FEATURING *Vietnamese Cuisine*

Ⓜ rBST hormone free 1% white milk and non-fat chocolate milk available with meals  
 Ⓜ Variety of cold cereals available daily as an alternative breakfast option for students

# 2009 September



## PRICES

Milk .....\$0.50

### BREAKFAST

Elementary School.....\$1.25

Middle/High School.....\$1.50

Reduced.....No Charge

Adult.....\$2.25

### LUNCH

Elementary School.....\$2.25

Middle/High School.....\$2.50

Reduced.....No Charge

Adult.....\$4.00

Seattle Public Schools recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

The Nutrition Services Department is committed to providing healthy and wholesome meals for your children.

## JUMP START THE DAY WITH BREAKFAST.

A selection of hot and cold breakfast entrees are offered each day in all Seattle Public Schools. A variety of cold cereals are additionally available daily, each with less than 10 grams of sugar per serving. Breakfast includes 100% whole wheat toast and only 100% fruit juices are served. **Breakfast = Brain Fuel**

## ARE SCHOOL MEALS NUTRITIOUS?

Elementary menus are developed each month by a Registered Dietitian who follows federal and state guidelines in selecting menu choices. Our lunch meets or exceeds the nutrient guidelines described below when averaged over a week for students enrolled in K-5 programs:

- Calories: 645
- Protein: 9 grams
- Calcium: 267 mg
- Iron: 3.3 mg
- Vitamin A: 1055 IU
- Vitamin C: 15 mg
- Fiber: 6.4 grams
- Cholesterol: 100 mg
- Sodium: 1.5 mg/calorie
- Total Fat: 30% or less of total calories
- Saturated Fat: 10% or less of total calories

A detailed nutrient analysis of the elementary lunch menu is posted each month on the Nutrition Services menu on the web: [www.seattleschools.org/area/nutrition-svc/nutritionals/nutritional\\_info\\_index.html](http://www.seattleschools.org/area/nutrition-svc/nutritionals/nutritional_info_index.html)

Nutrition Services programs are available to all without regard to race, color, national origin, sex, age, or disability.



Nutrition Services has openings for on-call substitutes in area school kitchens. Call 206-252-0675

## SCHOOL MEALS PROVIDE FRESH, HEALTHY FOOD....

- Organic Yogurt, along with other vegetarian choices, available daily
- Yogurt is locally sourced; lactose (NEW), gluten, gelatin and high fructose corn syrup free
- Only rBST hormone-free non-fat and 1%white & non-fat chocolate milk served
- Non-fat chocolate milk formulated without high fructose corn syrup
- Fresh fruits and vegetables served daily
- Freshly-cut garden salad served daily
- Transitioning to the use of trans-fat free margarine
- Shortening eliminated in all baking
- Condiments such as Buttermilk Ranch dressing, Barbecue Sauce, Teriyaki Sauce, Sweet & Sour Sauce and Coleslaw dressing are produced in-house using lower fat and lower sodium ingredients.
- Deep fat fryers decommissioned in all schools 6+ years ago



Seattle School District is pleased to offer PayPams as a meal payment service for students and families. Parents/guardians now have the convenience of paying using the internet or by phone using either a credit card/debit card anytime day or night. A service fee of \$1.95 per payment is charged to the parent/guardian account at the time of the transaction. Visa, Mastercard, and Discover cards can be used for payment.

Pre-pay for school meals 24-7. Learn more about this service by visiting [www.PayPams.com](http://www.PayPams.com)

## JUST LIKE IN RESTAURANTS, STUDENTS MUST PAY FOR THEIR FOOD WHEN THEY EAT

- Or...have a prepaid account
  - Or...be eligible for free or reduced-price meals.
- Cash or checks made payable to Nutrition Services are accepted in the lunchroom. Families may prepay for meals via the internet or phone 24/7 using PayPams (learn more at [www.PayPams.com](http://www.PayPams.com))

## IMPORTANT NOTE TO PARENTS OF RETURNING STUDENTS

If a student was eligible last school year for free or reduced priced meals that eligibility will continue for only 30 school days. Families must complete a new meal application during this time period. Any change in free or reduced-price meal benefits becomes effective as soon as the 2009-10 application is processed. Students who have not submitted a new meal application will be required to pay full price for meals after October 21, 2009.

## POLICY FOR LOW ACCOUNT BALANCES

Your child will be given a written and/or verbal reminder. You will receive a reminder phone call to send money before child's next meal.