



CUSD Food and Nutrition Services

APRIL 2009



Harvest of the Month: ASPARAGUS

- Asparagus is a member of the lily family and are related to onions, leeks and garlic. Asparagus can be harvested in three different colors: green, white and purple.
- A serving of asparagus is 1/2 cup cooked asparagus, which equals about 5 spears.
- Asparagus leads nearly all produce items in the wide array of nutrients it supplies in significant amounts, such as Folic acid which is necessary for blood cell formation, growth, and prevention of liver disease. It also contains glutathione a leading antioxidant in the prevention of certain cancers.

Breakfast	\$1.50
Lunch	\$2.25
2nd Entrée	\$1.75
Milk	\$.50
Water	\$.50
Snacks	\$.35-\$1.00

April is National Garden Month and TV Turnoff Week:

Challenge classmates to keep the TV turned off for one week: April 20-26. This one week would be a perfect time to plant a garden. Fresh vegetables and herbs don't require a large plot. If you are limited in space you can grow in garden containers.

On **PIZZA DAY**, a fresh hot slice of Pepperoni or Cheese Pizza from a local vendor will replace the entrees at your school for the day.

* Contains Pork

MENU SUBJECT TO CHANGE

A complete lunch must include an entrée and one other choice. Students may take up to four menu items.
1% White or Non-Fat Chocolate Milk offered daily with every meal.



Breakfast is Served at :
*Kinoshita, Las Palmas,
R.H. Dana, Ladera Ranch,
San Juan and Viejo*

A complete breakfast must include a minimum of two items. Students are allowed to choose up to three menu items.

Choose 1 - Offered Daily

Cereal Bar (Whole grain) ,
Bagel, or Muffin

Tuesday

Southwest Scramble Pocket

Wednesday

Whole Grain Pancakes

Thursday

*Link-N-Dog

Fresh Fruit, Graham Crackers,
100% Orange Juice, Cream
Cheese and Milk

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Choose 1 Entrée Chicken Fry & Tators or Bean and Cheese Burrito <i>Sides</i> Corn Peach Cup Variety of Fresh Fruit</p> <p>PIZZA DAY: ARROYO VISTA, BARCELONA & CANYON VISTA</p>	<p>2 Choose 1 Entrée Teriyaki Chicken & Rice or Galaxy Cheese Pizza <i>Sides</i> Fortune Cookie Apple Slices Variety of Fresh Fruit</p> <p>PIZZA DAY: VISTA DEL MAR, CROWN VALLEY, AMBUEHL & BATHGATE</p>	<p>3 Choose 1 Entrée Mini Cheeseburgers or Turkey Sub Sandwich with Baked Chips <i>Sides</i> Cheddar Trax Carrot Sticks Variety of Fresh Fruit</p> <p>PIZZA DAY: CASTILE & BENEDICT</p>	
<h2 style="margin: 0;">Spring Break Holidays April 6 - 10, 2009</h2>				
<p>13 Choose 1 Entrée Rib Sandwich or Chicken Tenders <i>Sides</i> Corn Applesauce Variety of Fresh Fruit</p> <p>PIZZA DAY: DEL OBISPO & R.H. DANA</p>	<p>14 Choose 1 Entrée Chicken Corn Dog or *Waffles and Sausage <i>Sides</i> Mixed Fruit Cup Baby Carrots Variety of Fresh Fruit</p> <p>PIZZA DAY: HANKEY, CHAPARRAL, & CONCORDIA</p>	<p>15 Choose 1 Entrée Chicken Burger or Yogurt, Muffin, and Fruit <i>Sides</i> Potato Smiles Tropical Dried Fruit Variety of Fresh Fruit</p> <p>PIZZA DAY: DON JUAN AVILA, REILLY & OSO GRANDE</p>	<p>16 Choose 1 Entrée Macaroni & Cheese or New! Make Your Own Sloppy Joe <i>Sides</i> Celery & Sun-butter cup Raisins Variety of Fresh Fruit</p> <p>PIZZA DAY: HIDDEN HILLS & PALISADES</p>	<p>17 Choose 1 Entrée Spaghetti with Meatballs or Crispy Beef Tacos <i>Sides</i> Lettuce/Cheese Cup Dinner Roll Variety of Fresh Fruit</p> <p>PIZZA DAY: VIEJO, & MALCOM</p>

**CUSD FOOD AND NUTRITION SERVICES PREPAY LUNCH FORM – COMPLETE ONE FORM FOR EACH STUDENT
ATTACH WITH YOUR PAYMENT AND SEND TO YOUR CHILD'S SCHOOL**

Student's Name: _____

School: _____

Parent/Guardian: _____

Daytime Phone: _____

Mailing Address: _____

Street Address, City, State, Zip

Credit Card (Circle one): Visa MC Discover

Number: _____ - _____ - _____

Expiration Date: ____/____/____ Amount: \$ _____

Your Signature (Required): _____

Make Check Payable to Food and Nutrition Check # _____ Cash \$ _____ Amount: \$ _____

ELEMENTARY – LUNCH \$2.25	
<u>Full Price Meal</u>	
Meal Quantity # _____	x \$2.25 = _____
<u>Reduced Price Meal (if qualified)</u>	
Breakfast Meal Quantity # _____	x \$.30
= \$ _____	
Lunch Meal Quantity # _____	x \$.40 = \$ _____
<u>A la Carte Amount</u> \$ _____	
Specify daily limit: (\$ _____)	

Pesto Chicken Pasta
Makes 6 servings



- *8 oz. bowtie pasta cooked and drained
- *2 cups cooked or steamed fresh asparagus cut into small pieces
- *3 cups cooked cubed chicken
- *1 cup halved cherry tomatoes
- *1/3 cup chopped red onion
- *1 can sliced black olives, drained
- *3/4 cup prepared pesto sauce
- *3 tablespoons shredded or grated Romano cheese.

Combine cooked pasta and asparagus in a large bowl. Stir in chicken, tomatoes, onion and olives. Gently toss with pesto sauce. Serve warm, garnish with Romano cheese.

Elementary A la Carte Snacks
Students are allowed to purchase only 1 snack and 1 drink per day.

Fresh Fruit	\$.35
Baby Carrots	\$.35
Chocolate Chip Cookie	\$.35
(reduced fat, whole grain, and made with fruit puree)	
Shape Up - 100% juice bar	\$.35
String Cheese	\$.50
Sherbet Cup	\$.50
Frog Spit Sherbet	\$.50
Sunflower Seeds	\$.50
Capri Sun - 100% Juice	\$.50
Water	\$.50
Milk 1% White or Nonfat Chocolate	\$.50
New! 100% Juice Frozen Slush	\$ 1.00

Monday	Tuesday	Wednesday	Thursday	Friday
20 Choose 1 Entrée Juicy Hamburger or *Pepperoni French Bread Pizza Sides Peach Cup Potatoes Variety of Fresh Fruit PIZZA DAY: KINOSHITA & OAK GROVE	21 Choose 1 Entrée Teriyaki Beef Dippers and Rice or Bean and Cheese Burrito Sides Fortune Cookie Salsa Variety of Fresh Fruit PIZZA DAY: SAN JUAN	22 Choose 1 Entrée Meatball Sandwich or Chicken Nuggets Sides Sliced Apples Animal Crackers Variety of Fresh Fruit PIZZA DAY: LAGUNA NIGUEL, LAS PALMAS, LAS FLORES, & LADERA RANCH	23 Choose 1 Entrée Chicken Burger or Grilled Cheese Sides Tiny Pretzels Raisins Variety of Fresh Fruit PIZZA DAY: LOBO, & MOULTON	24 Choose 1 Entrée Nachos with Doritos or Ocean Treasure Sticks and Tator Tots Sides Spanish Rice Sliced Apples Variety of Fresh Fruit PIZZA DAY: GEORGE WHITE
27 Choose 1 Entrée Mini Double Dogs or *French Toast Sticks and Sausage Sides Applesauce Variety of Fresh Fruit PIZZA DAY: WAGON WHEEL, & MARBLEHEAD	28 Choose 1 Entrée Beef Hot Dog or Chili Cheese Wrap Sides Sliced Apples Potato Smiles Variety of Fresh Fruit PIZZA DAY: TIJERAS CREEK	29 Choose 1 Entrée Torpedo Sub & Baked Chips or Pizza Boat Sides Baby Carrots Mixed Fruit Cup Variety of Fresh Fruit PIZZA DAY: WOOD CANYON	30 Choose 1 Entrée Taco Triangles or <u>New!</u> Chicken Sliders Sides Celery Sticks Spanish Rice Variety of Fresh Fruit PIZZA DAY: BERGESON	Funded by the USDA's Food Stamp Program, an equal opportunity pro- vider and employer. For more information on obesity prevention or food stamps, call 1-888- 328-3483.