

May 2008



Denotes
Pork



Denotes
Peanuts

Meal Prices

Breakfast

Elementary \$1.40

Secondary \$1.40

Adult \$1.65

Lunch

Elementary \$2.25

Secondary \$2.50

Adult \$3.50

Milk \$.40

FREE seconds on fruits and vegetables when a meal has been purchased.
Menu subject to change without notice.

North St. Paul-Maplewood-Oakdale School District



Monday 5

Breakfast Wrap
Applesauce
Juice

Fiestada
Potato Ole w/Cheese Sauce
Pineapple
Fruit Filled Churro

Tuesday 6



Breakfast Sandwich
Pears
Juice

Chicken Wrap
Oven Roasted Chicken Rice
Celery w/Peanut Butter
Fresh Fruit Tray

Menu Notes

- Peanut butter & jelly sandwich available daily at elementary schools.
- Salads offered at Elementary Schools on Tuesdays & Thursdays
- Choice of milk available daily with breakfast and lunch.
- Lactose reduced milk shall be made available upon written request from parent/guardian.

Thursday 1

Cereal
Cinnamon Roll
Juice

Teriyaki Chicken
Fried Rice
Asian Vegetables
Fresh Fruit
Breadstick

Friday 2

"Breakfast in a Box"

Lasagna
Vegetables w/Dip
Garlic Toast
Applesauce
Mini Fudge Stripe Cookies

Monday 12

Tony's Breakfast Pizza
Cheese Stick
Juice

Hamburger
Crinkle Cut Fries
Green Beans
Applesauce

Tuesday 13

Cinnamon Roll
Cereal
Juice

Chicken Tenders
Mashed Potatoes w/Gravy
Corn
Wheat Dinner Roll
Watermelon Slice

Wednesday 14

Waffle Sticks w/Syrup
Ham
Juice

Tacos w/Fixings
Mexican Rice
Corn Muffin
Pears

Thursday 15

Bagel w/Cream Cheese
Cereal
Juice

Big Daddy's Pizza
Salad w/Dressing
Fresh Fruit Tray
Fruit Gushers

Friday 16



Pancake & Sausage on a
Stick
Applesauce & Juice

Shrimp Poppers
Macaroni & Cheese
Carrots w/Dip
Gold Fish Crackers
Apple

Monday 19

Snack'n Waffles
Cereal
Juice

Grilled Chicken Sandwich
Tator Tots
Peas
Rice Krispy Treat

Tuesday 20

French Toast Sticks
Scrambled Eggs
Juice

Cheese Sticks
Marinara Sauce
Fresh Fruit Tray
Green Beans
Fresh Baked Cookie

Wednesday 21

Tony's Breakfast Pizza
Cheese Stick
Juice

Spaghetti w/Meat Balls
Salad w/Dressing
Garlic Toast
Pears

Thursday 22

Cereal
Yogurt w/Granola
Juice

Sub Sandwich
Sunchips
Lunch Bunch Grapes
Juice Bar

Friday 23

Pancakes
Sausage Links
Juice

Hot Dog w/Chili
Applesauce
Corn
Munchie Mix

Monday 26

No School
K-12

Tuesday 27

Waffle Sticks
Scrambled Eggs
Juice

Mini Corn Dogs
Macaroni & Cheese
Peas
Applesauce
Twix Cookie

Wednesday 28

Omelet
Toast
Juice

Nachos w/Fixings
Rice
Corn
Pears

Thursday 29

Cereal
Pop Tart
Juice

Chicken Nuggets
Mashed Potatoes w/Gravy
Augratin Vegetables
Strawberry Shortcake

Friday 30

Funnel Cake w/Strawberries
Cereal
Juice

Pizza
Salad w/Dressing
Orange Smiles
Fruit Snack

Trans Fat 101 - What and Where?

Q. *What are Trans Fatty Acids?*

A. They are man-made or processed fats, which are made from a liquid oil. When you add hydrogen to liquid vegetable oil and then add pressure, the result is a stiffer fat, like the fat found in a can of Crisco. Trans fats are also called hydrogenated fats.

Q. *Why do Some Companies Use Trans Fats?*

A. Companies using trans fats in their foods because they're easy to us, inexpensive to produce and last a long time. Trans fats gives foods a desirable taste and texture. Many restaurants and fast-food outlets use trans fats to deep-fry foods because the oils with trans fats can be used many times in commercial fryers.

Q. *How Do Trans Fats Affect My Health?*

A. Trans fats wreak havoc with the body's ability to regulate cholesterol. Trans fats, which are not naturally occurring, drive up the LDL ("bad") cholesterol, which markedly increases the risk of coronary artery heart disease and stroke.

Q. *What Foods Contain Trans Fats?*

A. Trans fats can be found in many food - but especially in fried foods like French fries and doughnuts, and baked goods including pastries, pie crusts, biscuits, pizza dough, cookies, crackers, and stick margarines and shortenings. You can determine the amount of trans fats in a particular packaged food by looking at the Nutrition Facts Label. You can also spot trans fats by reading ingredient lists and looking for the ingredients referred to as "partially hydrogenated oils."

Q. *What About The Naturally Occurring Trans Fat?*

A. Some trans fats are naturally found in animal products. These are generally the good kind of trans fat. The naturally occurring trans fat conjugated linoleic acid (CLA) may offer health benefits. Naturally found in beef, lamb and dairy products (full fat), conjugated linoleic acid has been studied for its potential role in weight loss and osteoporosis prevention.

Have a great summer!



Nutrition Services Update

Thanks for supporting the Nutrition Services Program in the 2007-2008 School Year. We look forward to serving you next year. If you have any menu feedback please share it with us by completing the online survey at www.isd622.org.

There will be no menu for June. It will be cook's choice. Please contact the school cafeteria if you have any menu questions.

Credit card payment or student activity can be viewed at www.paypams.com. There is no fee to make payment or view activity.

PIN Numbers and Application for Educational Benefits for the 2008-2009 school year will be mailed in August.

