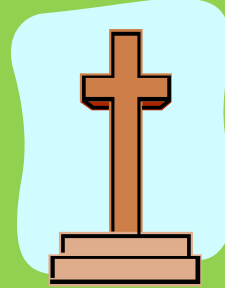





## Cross Lutheran School September 2010 Lunch Menu



“Sincerely LOVE One Another,  
Deeply, from the Heart”  
1 Peter 1:22-25

Monday	Tuesday	Wednesday	Thursday	Friday
August 30	August 31	September 1	September 2	September 3
<b>Choice A: Plate Lunch</b>	<b>Choice A: Plate Lunch</b>	<b>Choice A: Plate Lunch</b>	<b>Choice A: Plate Lunch</b>	<b>Choice A: Plate Lunch</b>
Chicken Nuggets Mashed Potatoes w/ Gravy Mixed Vegetables Fruit Milk or Juice	*Sweet & Sour Meatballs With Rice Mini Egg Roll Steamed Broccoli Orange Wedges Milk or Juice	Hamburger/Cheese Burger With Toppings French Fries Fruit Milk or Juice	Pig-n-Blanket Pork & Beans Strawberry Yogurt Fresh Veggies Milk or Juice	Cheese Pizza Parmesan Noodles Tossed Salad Fruit Milk or Juice
September 6	September 7	September 8	September 9	September 10
<b>Closed</b>	*Parmesan Chicken w/Side Pasta Italian Green Beans Bread Stick Pineapple Milk or Juice	Hamburger/Cheese Burger With Toppings Tator Tots Orange Wedges Milk or Juice	Steak Fingers Mashed Potatoes w/Gravy Steamed Carrots Fruit Milk or Juice	Fr. Bread Pepperoni Pizza Spaghetti w/Red Sauce Tossed Salad Jell-O Milk or Juice
September 13	September 14	September 15	September 16	September 17
*Meatball Sub With Toppings Corn Mandarin Oranges Milk or Juice	*Open Face Hot Ham & Cheese Bagel Melt Pork & Beans Fresh Veggies Mixed Fruit Milk or Juice	Hamburger/Cheese Burger With Toppings French Fries Pineapple w/Cherries Milk or Juice	Chicken Nuggets Macaroni & Cheese Mixed Vegetables Watermelon Milk or Juice	Stuffed Crust Pepperoni Pizza Tossed Salad Parmesan Noodles Tropical Fruit Salad Milk or Juice
September 20	September 21	September 22	September 23	September 24
*Meatloaf Mashed Potatoes Green Beans Peaches Milk or Juice	Soft Ground Beef Tacos w/Toppings Chili Beans Cinnamon Applesauce Milk or Juice	Hamburger/Cheese Burger With Toppings Tator Tots Orange Wedges Milk or Juice	<b>Western Day</b> BBQ Beef Sandwich Chuck Wagon Corn Fresh Carrots Coins Chocolate Banana Pudding Milk or Juice	<b>Closed</b>
				
<b>Choice B: Sack Lunch</b>		<b>Choice C: Boxed Salad</b>		
<b>Choice B: Sack Lunch</b>	<b>Choice B: Sack Lunch</b>	<b>Choice B: Sack Lunch</b>	<b>Choice B: Sack Lunch</b>	<b>Choice B: Sack Lunch</b>
Ham & Cheese Sandwich Potato Chips Applesauce, Cookie Milk or Juice	<u>Our Lunch-able</u> Mozzarella Stick, Turkey, Fruit, Graham Crackers, Fresh Veggies, Ranch Milk or Juice	Waffle – Wich w/Ham & Cheese, Syrup Go-Gurt Pretzels, Jell-O Cup Milk or Juice	* <u>Buffalo Chicken Wrap</u> Cheetos Fresh Veggies Fruit Cup Milk or Juice	PBJ Sandwich Potato Chips Pudding Banana Milk or Juice
<b>Choice C: Boxed Salad</b>	<b>Choice C: Boxed Salad</b>	<b>Choice C: Boxed Salad</b>	<b>Choice C: Boxed Salad</b>	<b>Choice C: Boxed Salad</b>
<u>Crispy Chicken BLT Salad</u> Iceberg Lettuce, Diced Crispy Chicken, Bacon, Tomato, Cheese, Ranch Dressing Crackers, Drink	<u>Chicken Caesar Salad</u> Romaine, Chicken Breast Slices, Tomato Wedges Parmesan Cheese Croutons Caesar Dressing, Drink	<u>Crispy Chicken BLT Salad</u> Iceberg Lettuce, Diced Crispy Chicken, Bacon, Tomato, Cheese, Ranch Dressing Crackers, Drink	<u>Chicken Fajita Salad</u> Romaine, Fajita Chicken Slices, Grated Cheddar Pineapple Tidbits, Pico de Gallo, Corn Tortilla Confetti, Ranch Dressing, Drink	* <u>New Cobb Salad</u> Mixed Greens, Turkey & Ham, Bacon ,Hard Cooked Egg, Diced Tomatoes, Cheese, Ranch Dressing, Crackers & Drink

This year we will implement an account debit program for meals. Each student and or family can have an account with their funds.

Once you have set up an account, we will deduct the cost of meal daily from your account.

Please Make Checks Payable to: Cross Lutheran School

Choice A, B, or C Lunch include Milk or Juice \$3.50, Entrée \$ 1.35, Side \$0.80, Milk or Juice \$0.60, Bottled Water \$0.80

Menus are subject to change due to purveyor availability \*\*\* Indicates NEW Menu Items – Try Something NEW Today!



- Title: Start the day right with a good breakfast Plan your luncheon wisely: Dinner should balance your day's meals.
- Related Names: [Federal Art Project](#) , sponsor
- Date Created/Published: NYC : NYC WPA War Services, [between 1941 and 1943]
- Medium: 1 print on board (poster) : silkscreen, color.
- Summary: Poster encouraging healthy eating habits.
- Reproduction Number: LC-USZC2-5594 (color film copy slide)
- Rights Advisory: No known restrictions on publication.
- Call Number: POS - WPA - NY .01 .S737, no. 1 (C size) [P&P] [P&P]



<http://www.cdc.gov/>

## Almost Everyone Needs to Eat More Fruits and Vegetables

A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.

## Fruits and Vegetables on the Go!

Busy lives can benefit from food that's nutritious, yet easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

## The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, foliate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.



## About Fruits & Veggies — More Matters™

Fruits & Veggies — More Matters™ is a dynamic health initiative that consumers will see in stores, online, at home and on packaging. It replaces the existing 5 A Day awareness program and will leverage the 5 A Day heritage and success to further inspire and support consumers to eat more fruits and vegetables, showcasing the unrivaled combination of great taste, nutrition, abundant variety, and various product forms (fresh, frozen, canned, dried, and 100% juice). It also will build upon the body of science that indicates that increased daily consumption of fruits and vegetables may help prevent many chronic diseases.

The Centers for Disease Control and Prevention (CDC) and Produce for Better Health Foundation (PBH) are leading this initiative and are in partnership with other health organizations. The goal is to achieve increased daily consumption of fruits and vegetables.







For more information on the Fruits and Veggies — More Matters health initiative, brand and logo, please visit PBH at [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).\* You will also find activities and tips for getting children involved as well as recipes.

# What Counts as a Cup?



One cup refers to a common measuring cup (the kind used in recipes). In general, 1 cup of raw or cooked vegetables or 100% vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.

The chart below shows simple ways to enjoy fruits and vegetable throughout the day, with corresponding cup amounts.

MORNING	1 cup	1/2 cup
		
	1 small apple	1 small banana
MID-DAY	1 cup	1/2 cup
		
	1 cup of lettuce* and 1/2 cup of other vegetables	6 baby carrots
EVENING	1 cup	1/2 cup
		
	1/2 large sweet potato and 1/2 cup of green beans	16 grapes

\*1 cup of lettuce counts as 1/2 cup of vegetables

In addition to fruits and vegetables, a healthful diet also includes whole grains, fat-free or low-fat milk and milk products, lean meats, poultry, fish, dry beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars.

EXAMPLES OF 1 CUP



1 small apple



1 large banana



1 medium grapefruit



1 large orange



1 medium pear



1 small wedge watermelon



2 large or 3 medium plums



8 large strawberries



1 large bell pepper



1 medium potato



2 large stalks of celery



1 cup cooked greens or 2 cups raw (spinach, collards, mustard greens, turnip greens)



12 baby carrots (or 2 medium carrots)



1 large sweet potato



1 large ear of corn

EXAMPLES OF 1/2 CUP



1 snack container of applesauce (4oz)



16 grapes



1 medium cantaloupe wedge



1/2 medium grapefruit



4 large strawberries



5 broccoli florets



6 baby carrots



1 large plum



1 small box (1/4 cup) of raisins



**NOTE: This is a copy of the USDA Home Page. It has a lot of interesting information. Go to the actual website to try out some of the Spotlights.**



You are here: Home

**Center for Nutrition Policy and Promotion**

*Improving the nutrition and well-being of Americans*

The USDA Center for Nutrition Policy and Promotion (CNPP) works to improve the health and well-being of Americans by developing and promoting dietary guidance that links scientific research to the nutrition needs of consumers. CNPP is an agency of USDA's [Food, Nutrition, and Consumer Services](#).

In the News











[usda.gov/open](http://usda.gov/open)

**DiscussShare**

OPEN GOV

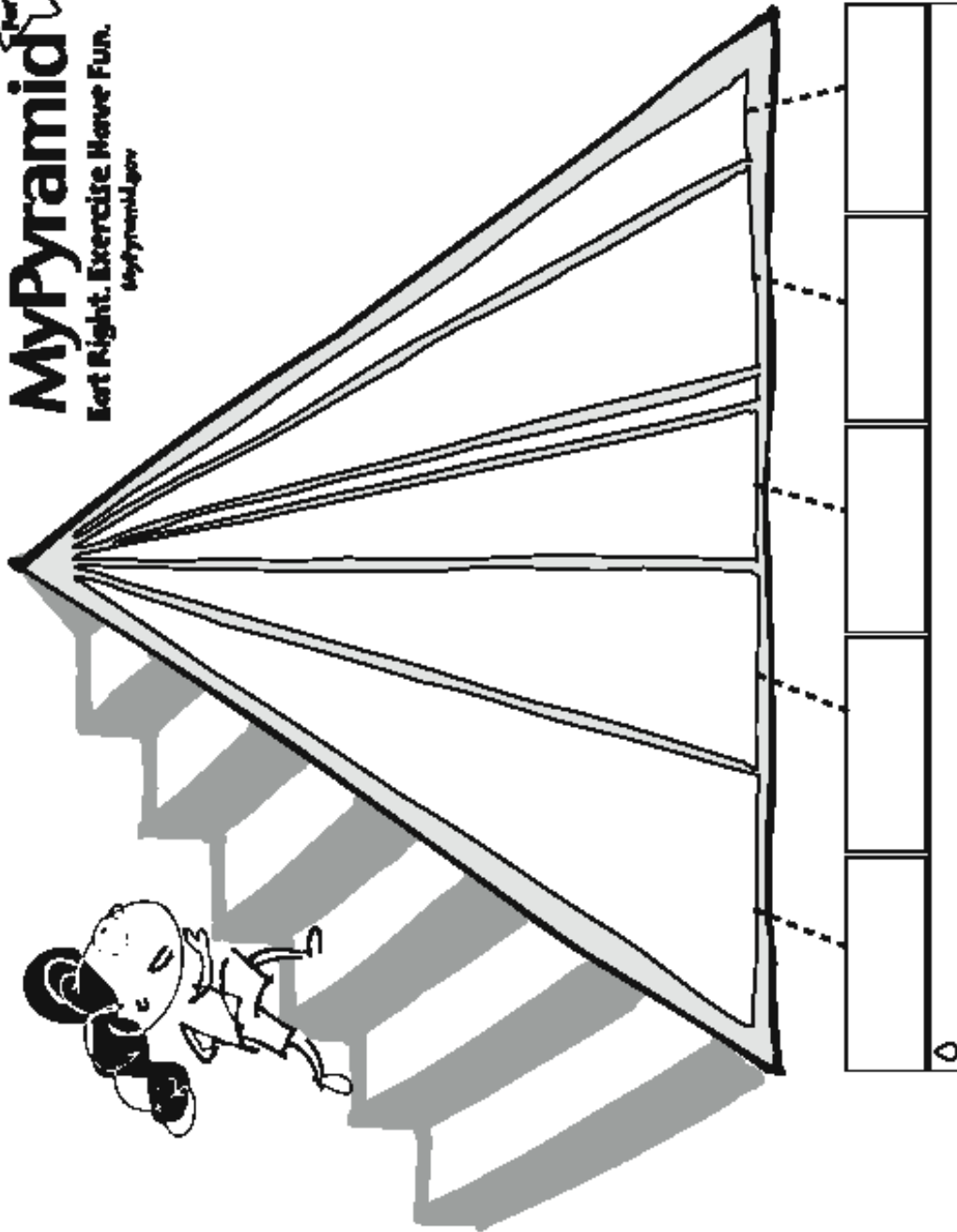
**Spotlights**

—NEW—

	<a href="#">MyPyramid</a> replaced the Food Guide Pyramid in 2005 ( <a href="#">En Español</a> )		<a href="#">MyFoodapedia</a> provides quick access to food groups, calories, & comparisons
	The <a href="#">Dietary Guidelines for Americans</a> give the basics for healthy eating		The <a href="#">MyPyramid Menu Planner</a> helps you reach your personal goals
	Get a MyPyramid Plan for <a href="#">Kids</a> (6-11yrs) and <a href="#">Preschoolers</a> (2-5yrs) today		Start out right as a new mom or mom-to-be with <a href="#">MyPyramid for Moms</a>
	Get feedback on your food & physical activity with <a href="#">MyPyramid Tracker</a>		<a href="#">Know Your Farmer, Know Your Food:</a> Nutrition from farm to table
	<a href="#">Expenditures on Children</a> reports estimate the cost of raising children		Try out the <a href="#">Cost of Raising a Child Calculator</a>
	<a href="#">USDA Food Plans</a> represent a nutritious diet at 3 different cost levels		Listen to one of many <a href="#">audio podcasts</a> with MyPyramid tips and advice

Print and Color. Bring to the Café and pick out something from our treasure chest.  
Turn in by September 30, 2010

  
**MyPyramid**  
Eat Right. Exercise. Have Fun.  
[mypyramid.gov](http://mypyramid.gov)



REPRODUCIBLE TEAMNUTRITION.USDA.GOV

# Food for Thought

09-01-10

Dear Students, Staff, & Friends,

Hope everyone is off to a good start. It is already the 3<sup>rd</sup> week of school and we have 2 scheduled days off. Yeah! We will have a Western theme menu on Thursday, September 23 to celebrate the Comal County Fair. So get your boots and hat ready for some good fixings!!

Hopefully everyone has notice a few new items on the Café Menu. Let us know if you like it or not. We love to know what you think. We have been trying to serve you a lot of fresh seasonal fruits and vegetables. We are trying to keep your food colorful! We are also still celebrating everyone's Birthday. This month it is September, so just let us know when you are ready for a treat! We also still have our treasure chest this month. So do a little coloring and bring it on by to us. See drawing above for more information.

I hope you had a chance to see the new WPA posters that are posted this month. They are amazing. Remember, if you have any comments or questions, please call 512-557-9742 or E-mail: [masters@grandecom.net](mailto:masters@grandecom.net) Thank you and God Bless You All.

Happy Lunch,

Mrs. Leslie Masters

*A complimentary Birthday Treat will be offered to everyone this year. During the week of your B-day, ask us for your special treat. This month we will honor September birthdays.*

