Ridgefield Elementary Schools Lunch Menu September 2012

Welcome Back to School

Full Lunch Meal $2.45 **Reduced Price Meal $0.40** **Milk (8 oz) $0.60**

MEALS ARE OFFERED W/ CHOICE OF ENTRÉE, ADDITIONAL SERVINGS OF FRUITS AND VEGETABLES, AND SKIM AND LOW FAT WHITE MILK or FAT FREE FLAVORED MILK **ALL of our offerings contain ZERO GRAMS OF TRANS FATS per serving**	Aug 29 **Toasted Cheese on Whole Wheat Bread** Oven Roasted Carrot Fries Fresh Fruit & Veggie Selection	Aug 30 **Spaghetti with Italian Meatballs in Sauce** Capri Vegetable Blend Fresh Fruit & Veggie Selection	Aug 31 **Pizza Party!** **Homemade Cheese Pizza Slice** Fresh Vegetable Medley Fresh Fruit & Veggie Selection	
Meal Alternates: Mon, Tues, Thurs & Fri Turkey & Cheese Sandwich Wednesday: Chef Salad with Dinner Roll				
3 **Labor Day** **No School**	4 **Chicken Patty on a Bun** Yellow Squash Fresh Apple Fresh Fruit & Veggie Selection	5 **BBQ Pork Riblet Whole Grain Bun** Red & Green Pepper Rings Cole Slaw Sliced Pears Fresh Fruit & Veggie Selection	6 **Fajita Chicken Quesadilla** Corn & Black Bean Salad Vegetarian Refried Beans Fresh Fruit & Veggie Selection	7 **Pizza Party!** **Homemade Cheese Pizza Slice** Seasoned Broccoli Fresh Fruit & Veggie Selection
Meal Alternates: Mon, Tues, Thurs & Fri Sunbutter & Jelly Sandwich Wednesday: Chef Salad with Dinner Roll				
10 **Buffalo Chicken** Whole Wheat Dinner Roll Seasoned Corn Fresh Baby Carrots Fresh Fruit & Veggie Selection	11 **Baked Macaroni & Cheese** Whole Grain Toasted Garlic Bun Roasted Spaghetti Squash Fresh Fruit & Veggie Selection	12 **Ziti with Italian Meat Sauce** Roasted Italian Vegetables Fresh Fruit & Veggie Selection	13 **Baked Potato Meal** Diced ham, cheese, broccoli Fresh Fruit & Veggie Selection	14 **Pizza Party!** **Homemade Cheese Pizza Slice** Seasoned Mixed Vegetables Fresh Fruit & Veggie Selection
Meal Alternates: Mon, Tues, Thurs & Fri Bagel Fun Lunch with Yogurt & String Cheese Wednesday: Chef Salad with Dinner Roll				
17 **Rosh Hashanah** **No School**	18 **Meatball Sub Sandwich** Seasoned Peas Sliced Peaches Fresh Fruit & Veggie Selection	19 **Beef, Bean & Cheese Burrito** Mexican Corn Fresh Apple Fresh Fruit & Veggie Selection	20 **Baked BBQ Chicken** Fresh Baked Biscuit Steamed Carrot Coins Fresh Fruit & Veggie Selection	21 **Pizza Party!** **Homemade Cheese Pizza Slice** Tossed Garden Salad Fresh Baby Carrots Fresh Fruit & Veggie Selection
Meal Alternates: Mon, Tues, Thurs & Fri Turkey & Cheese Sandwich Wednesday: Chef Salad with Dinner Roll				
24 **Hamburger on Bun** Seasoned Corn Fresh Fruit & Veggie Selection	25 **Baked Ziti with Cheese** Whole Grain Breadstick Seasoned Zucchini Fresh Fruit & Veggie Selection	26 **Yom Kippur** **No School**	27 **Seasoned Turkey Taco Meat with Baked Scoops** Mexican Black Beans Fresh Fruit & Veggie Selection	28 **Pizza Party!** **Homemade Cheese Pizza Slice** Seasoned Mixed Vegetables Fresh Fruit & Veggie Selection
Meal Alternates: Mon, Tues, Thurs & Fri Sunbutter& Jelly Sandwich Wednesday: Chef Salad with Dinner Roll				

Questions? Please call Janet Schmitz (Food Service Director) 203-431-2800 x2035
or Rachel Martin, RD (Resident Dietitian) 203-431-2883 x1029

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Here are a few ways to "Get Your Plate in Shape

- **Make half of your plate fruits and vegetables**: Eat a variety of vegetables, especially dark-green, red and orange varieties. Add fresh, dried, frozen or canned fruits to meals and snacks.
- **Make at least half your grains whole**: Choose 100 percent whole-grain breads, cereals, crackers, pasta and brown rice. Check the ingredients list on food packages to find whole-grain foods.
- **Switch to fat-free or low-fat milk**: Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. For those who are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.
- **Vary your protein choices**: Eat a variety of foods from the protein food group each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs. Keep meat and poultry portions small and lean. And be sure to choose seafood as the protein at least twice a week.
- **Cut back on sodium and empty calories from solid fats and added sugars**: Compare sodium in foods and choose those with lower numbers, and season your foods with herbs and spices instead of salt. Switch from solid fats to healthy oils like olive and canola oil. Replace sugary drinks with water and choose fruit for dessert.
- **Enjoy your foods but eat less**: Avoid oversized portions. Use a smaller plate, bowl and glass. Cook more often at home where you are in control of what's in your food. When eating out, choose lower calorie menu options.
- **Be physically active your way**: Adults need at least 2 hours and 30 minutes of physical activity every week. Choose activities that you enjoy, and start by doing as much as you can.

What's On Your Plate?

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.

Make half your plate fruits and vegetables

Make half your grains whole

Vary your protein food choices

Switch to Skim or 1% milk

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