

Menu Mutation

Prices

Breakfast	Lunch
Student K-5 \$0.60	Student K-5 \$1.10
Student 6-8 \$0.75	Student 6-8 \$1.40
Student 9-12 \$0.75	Student 9-12 \$1.40
Student, Reduced \$1.50	Milk (All Varieties) \$0.30
Adult \$1.50	Adult \$2.00

Daily Selections
 French Onion and Jelly
 Toasted Cheese
 Salad (Fruit)
 Deli Sandwiches
 Deli Hoops

Sandwich Schedule
 Monday - Bologna & Cheese
 Tuesday - Ham & Cheese
 Wednesday - Manager's Choice
 Thursday - Tuna Salad
 Friday - Ham and Cheese

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Chicken Nuggets Whole Wheat Roll Oven Beans Cinnamon Applesauce Milk 1% Lowfat	Cheddarburger or Hamburger on a Bun French Fries Fresh Fruit Milk 1% Lowfat	Pat's Pizza Fruit Fries Peaches Milk 1% Lowfat	No School Today Start Development Day	No School Today Start Development Day	Cal 626 T Fat 23.19 G (33.3 %) S Fat 8.4 G (12.1 %) Carb 75.33 G (48.1 %) Fiber 4.5 G Prtn 31.86 G (20.4 %)
Play These Lunch Lyric Days Puggie's Friends Moose it up Fruit Style Mini-Market Milk	Roast, Three-Look Pork Rock Pizza Jasmine Juice Shake n' Shake Moose n' Roll Milk	Cheesed Three-Look Vulva String and Sauce (Soybean and Meat Sauce) Tangy Green Stick Symphony Salad Ensemble Applesauce Mandarin Milk	Country Three-Look Country Breaded Chicken Oven Oven Beans Dress House Market Peaches Bingo Bottomed Biscuit Montgomery Milk Pecan Pie Filling	Dress Three-Look Tangy Tacos and Toppings Smoke Light Sauce Club Sauce Fruit Style Peaches MC Milk	Cal 690 T Fat 22.77 G (29.7 %) S Fat 8.0 G (10.4 %) Carb 94.41 G (54.8 %) Fiber 5.7 G Prtn 30.98 G (17.9 %)
Chicken on a Multi-Grain Roll Lettuce and Tomato Broccoli Pears Milk 1% Lowfat	Mozzarella Sticks Marinara Sauce Salad with Italian Dress. Pineapple Chunks Milk 1% Lowfat	Meatball Hoagie French Fries Fresh Fruit Milk 1% Lowfat	Quesadilla, Chicken Salsa Soft Cream Cream Applesauce Milk 1% Lowfat	Pat's Pizza Oven Beans Peaches Milk 1% Lowfat	Cal 671 T Fat 24.89 G (33.4 %) S Fat 9.3 G (12.4 %) Carb 86.39 G (51.3 %) Fiber 7.0 G Prtn 29.31 G (17.5 %)
BBQ Chicken Sandwich Coleslaw Salad Veggie Pears Milk 1% Lowfat	Pat's Pizza Salad with Italian Dress. Pineapple Chunks Milk 1% Lowfat	French Toast Sticks Syrup Sausage Patties Hash Brown Patties Fruit Fries Milk 1% Lowfat	Steak Poppers Macaroni and Cheese Pears Stewed Tomatoes Cinnamon Applesauce Milk 1% Lowfat	Chicken Nuggets Whole Wheat Roll Peaches An Oats Mixed Fruit Milk 1% Lowfat	Cal 633 T Fat 20.69 G (29.4 %) S Fat 6.9 G (9.8 %) Carb 83.47 G (52.7 %) Fiber 4.5 G Prtn 28.88 G (18.2 %)
Boo Burgers Fried Onion Fries Pumpkin Colored Sherbet Milk 1% Lowfat		Remember: Daylight Savings is October 31st! Don't forget to turn your clocks back 1 hour!!	October 30 - 31st National School Lunch Week School Lunch...It's Restaurant!!	Cal 786 T Fat 33.48 G (38.6 %) S Fat 22.92 G (31.5 %) Carb 79.80 G (49.7 %) Fiber 12.5 G Prtn 35.31 G (39.9 %)	Cal 619 T Fat 22.79 G (33.1 %) S Fat 8.6 G (12.5 %) Carb 75.26 G (48.6 %) Fiber 1.2 G Prtn 27.46 G (17.7 %)

Buy 10, get one Lunch Free!! K-5: \$11.00 6-12: \$14.00 Reduced: \$4.00 Send Cash or Check to the School Cafeteria

Nutrients	
Cal	626
T Fat	23.19 G (33.3 %)
S Fat	8.4 G (12.1 %)
Carb	75.33 G (48.1 %)
Fiber	4.5 G
Prtn	31.86 G (20.4 %)
Cal	690
T Fat	22.77 G (29.7 %)
S Fat	8.0 G (10.4 %)
Carb	94.41 G (54.8 %)
Fiber	5.7 G
Prtn	30.98 G (17.9 %)
Cal	671
T Fat	24.89 G (33.4 %)
S Fat	9.3 G (12.4 %)
Carb	86.39 G (51.3 %)
Fiber	7.0 G
Prtn	29.31 G (17.5 %)
Cal	633
T Fat	20.69 G (29.4 %)
S Fat	6.9 G (9.8 %)
Carb	83.47 G (52.7 %)
Fiber	4.5 G
Prtn	28.88 G (18.2 %)
Cal	619
T Fat	22.79 G (33.1 %)
S Fat	8.6 G (12.5 %)
Carb	75.26 G (48.6 %)
Fiber	1.2 G
Prtn	27.46 G (17.7 %)

Welcome to the new age of nutrition awareness. Here in the laboratory called Nutrition Services, we formulate ways to continually improve the nutritional value of the meals we serve. We search the continent for foods lower in fat, higher in fiber, free of artificial sweeteners, higher in nutritive value, more fresh, more natural, and great tasting. Here in our 'lab' we sample products from as far as California and as close as the tri-state area. With the new shift towards more whole grain foods in the food industry, we have sampled everything from whole grain french toast sticks to whole grain pizza to whole grain cereals. We also have our student experts at George Read Middle School try some new foods and tell us if the taste is menu worthy. After the food is kid tested and Nutritionist approved, it becomes a menu item.

New this year, we are publishing our weekly averages of our meals' contents of calories, fat, saturated fat, carbohydrates, fiber and protein. These numbers are the way that we measure how we are doing with providing the right amounts of each nutrient and what percentage they contribute to the meal's calories. Publishing these numbers keeps us accountable to students, staff, and parents for the nutritional value of the meals we serve. Learn to read the Nutrient Column from the menus below, and follow us throughout future months as we strive to reach our goals!

How to read the Nutrients:

Nutrient	OUR GOAL Values/ Percentage Range
Calories (Cal)	See Chart Below
Total Fat (T. Fat)	≤ 30% of the calories
Saturated fat (S. Fat)	< 10% of the calories
Carbohydrates (Carb)	50-55 % of the calories
Fiber	6-10g
Protein (Prtn)	15-20% of the calories

SEE PAGE THREE to learn about how to calculate calories from grams of Protein, Carbohydrates, and Fat.

CALORIE NEEDS BASED ON AGE RANGE

Ranges developed and monitored by Delaware Department of Education and USDA

Recommended Dietary Allowance (RDA)	Calorie Amount
Breakfast: Age 3-6 (25% of RDA)	419
Breakfast: Age 7-10 (25% of RDA)	500
Breakfast: Age 11-13 (25% of RDA)	588
Breakfast: Age 14-17 (25% of RDA)	625
Lunch: Age 3-6 (33% of RDA)	558
Lunch: Age 7-10 (33% of RDA)	667
Lunch: Age 11-13 (33% of RDA)	783
Lunch: Age 14-17 (33% of RDA)	846

Counting Calories

Determining the source of calories in a food or meal is one helpful way to measure how well balanced a meal is. Health experts recommend that along with adequate exercise a diet that is made up of 50-55% carbohydrates, 15-20% protein, and 30-35% fat. To calculate this,

- 1) take the number of grams of carbohydrates, protein, or fat listed on the nutrition label of a food, multiply the number of grams by the appropriate conversion factor (see chart below),
- 2) divide this number by the total calories,
- 3) then multiply by 100 to get the number into a percentage.

Nutrient	Factor	Calories
Carbohydrate	4	4 cal. for 1 gram CHO
Protein	4	4 cal. for 1 gram PRO
Fat	9	9 cal. for 1 gram FAT

For example, a Marshmallow Treat that has 130 calories, 3 grams of fat, 24 grams of carbohydrates, and 1 gram of protein.

1) Carbohydrates: $24 \text{ g} \times 4 = 96$ calories

Protein: $1 \text{ g} \times 4 = 4$ calories

Fat: $3 \text{ g} \times 9 = 36$ calories

2) Carbohydrates: $96/130 = 0.74$

Protein: $4/130 = 0.03$

Fat: $36/130 = 0.27$

3) Carbohydrates: $0.74 \times 100 = \mathbf{74\%}$

Protein: $0.03 \times 100 = \mathbf{3\%}$

Fat: $0.27 \times 100 = \mathbf{27\%}$

If a food has less than 30% calories from fat, it is a good choice.

However this food also has 74% of it's calories from carbohydrates, so it should not be eaten too often since it is not well balanced. When combined with a meal that has several grams of protein and other low fat foods with moderate carbohydrates, it is possible to still have the TOTAL grams of carbohydrates, protein, and fat factor out to be within recommended ranges.