

Join the Healthy Monday Campaign

Research results have indicated that people are more likely to change their behavior on Monday. For many people the beginning of the week is an ideal time to start an exercise program, improve their eating behaviors or quit smoking. This month we are encouraging all students to embrace Monday's and commit to making healthier food choices. Our focus this month is on trying more plant-based foods.



We will be promoting more of our vegetarian and plant-based options consistent with the Meatless Monday campaign. Meatless Monday is an international movement to help people reduce their meat consumption by 15% to improve personal health and the health of the planet. It is an initiative of The Monday Campaigns, in association with the Johns Hopkins Bloomberg School of Public Health. The health benefits linked to a plant based diet include reduced risk of heart disease, some cancers, diabetes and obesity. As a country, reducing the risks associated with these diet-related illnesses allows for individual and national healthcare savings. Eating plant-based foods is not only good for our body, but also good for the planet! Choosing meatless choices reduces our carbon footprint, water usage and fuel consumption. So *what are you waiting for?* Give meatless meals a try today!

BREAKFAST TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Golden Grahams w/ Animal Crackers	4 Sausage, Egg & Cheese on a Bagel	5 Bagel w/ Cream Cheese or Peanut Butter	6 Egg, Canadian Bacon & Cheese on an English Muffin	7 Rice Krispies w/ Graham Crackers
10 No School	11 Sausage, Egg & Cheese on a Bagel	12 Whole Wheat Apple Cinnamon Muffin	13 Egg, Canadian Bacon & Cheese on an English Muffin	14 Lucky Charms w/ Animal Cracker
17 No School	18 Sausage, Egg & Cheese on a Bagel	19 Rice Krispies w/ Graham Crackers	20 Egg, Canadian Bacon & Cheese on an English Muffin	21 Rice Krispies w/ Graham Crackers
24 Frosted Cheerios w/ Graham Crackers	25 Sausage, Egg & Cheese on a Bagel	26 Bagel w/ Cream Cheese or Peanut Butter	27 Egg, Canadian Bacon & Cheese on an English Muffin	28 Lucky Charms w/ Animal Cracker
31 Rice Krispies w/ Graham Crackers			Fruit Juice Fresh Fruit and Milk Offered Daily	

2011 Future Chef Finalist
The Grapepillar
 Nathaniel Ottavi – Woonsocket, RI
Yields: 4 servings

20 leaves of Spinach
 4 TBSP Fat Free Cream Cheese
 20 Grapes
 4 Raisins
 1/8 cup Shaved Coconut
 8 Almonds

Directions: Lay spinach on plate. Create the body of the grapepillar by spreading cream cheese on the top side of grape and connecting the grapes together. Place grapepillar on bed of spinach. Stick the shaved coconut on either side of the grapes as legs. Cut the raisin in half and place on the first grape as eyes. Stick the almonds on top of the first grape as antennas.

**Nutrition Information
 for one serving:**
**62 Calories; 2.4 g Total Fat,
 7 g Total Carbohydrates,
 1.8 g Dietary Fiber,
 4 g Protein and
 132 mg Sodium.**

Separate form for Breakfast and Lunch Pre Order
 Single meal \$1.25 & Lunch – Single Meal \$1.95
 One child per form!

Please check a box for full-price pre-paid lunches.

5 Breakfast \$6.25 <input type="checkbox"/>	10 Breakfast \$12.50 <input type="checkbox"/>	20 Breakfast \$25.00 <input type="checkbox"/>	25 Breakfast \$31.25 <input type="checkbox"/>
5 Lunches \$12.00 <input type="checkbox"/>	10 Lunches \$24.00 <input type="checkbox"/>	20 Lunches \$48.00 <input type="checkbox"/>	25 Lunches \$60.00 <input type="checkbox"/>

Make Checks Payable To: Deerfield Twp BOE

Pre-Paid Lunch Form
 Return this form, with the amount owed, in a sealed envelope to your child's teacher. Put your child's name on the envelope!

Child's Name _____

Teacher _____

Grade ____ Today's Date _____

Deerfield Elementary Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Green Beans Apple Sauce Chicken Sticks Mashed Potato	Carrots Mixed Fruit Chicken Patty On a bun	Steamed Broccoli Peaches Vegetarian Bosco Bread Stick	Tator Tots Apple Sauce French Toast Sticks w/ Sausage Patties	Carrots and Dip Orange Smiles French Bread Pizza
Alternate Choices: Tuna on a Roll, Cheeseburger on a Bun, Garden Salad				
10	11	12	13	14
No School	Balanced Plate Cheeseburger on a Whole Grain Bun Tossed Salad Apples	Golden Corn Mixed Fruit Nachos Beef and Cheese	Spinach Fresh Pick: Grapes Cheese Steak	Garden Salad Fresh Apple Cheese Pizza
Alternate Choices: Italian Hoagie, Chicken Patty on a Bun, Minnie Mouse Salad (Vegetarian)				
17	18	19	20	21
NO LUNCH	Oriental Vegetable Peaches General Tso's Chicken w/ Rice	Steamed Broccoli Mixed Fruit Spaghetti w/ Meatsauce Garlic Stick	Carrots Pears Baked Chicken w/ Mashed Potatoes	Carrots and Dip Apple Sauce French Bread Pizza
Alternate Choices: Turkey and Cheese on a Whole Wheat Wrap, Cheeseburger on a Bun, Chicken Caesar Salad				
24	25	26	27	28
Steamed Broccoli Pears Chicken Parm on a Bun	Carrots Peaches Grilled Cheese w/ Tomato Soup	Golden Corn Mixed Fruit Nachos Beef and Cheese	Tator Tots Apple Sauce Cheddar Omelet w/ Sausage Patties	Garden Salad Locally Sourced Fresh Apple Cheese Pizza
Alternate Choices: Italian Hoagie, Chicken Patty on a Bun, Chef Salad				
31				Menu Subject To Change
Corn Mixed Fruit Tyson Chicken Nuggets w/ Whole Wheat Roll				Food Service Office (856) 358-2054 ext 4108
Alternate Choices: Tuna on a Roll, Cheeseburger on a Bun, Garden Salad				

Hot Dog Available Daily Peanut Butter & Jelly Available Daily Fresh Fruit Bowl Offered Daily Bread Basket Available Daily
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