

# February 2012

# Lunch Menu

# Fullerton School District


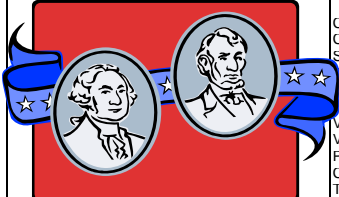
Lunch Price: \$2.55  
Reduced-Price: \$0.40

Lunch menu is served at all K-6 schools,  
Beechwood K-5, and Fisler K-5

Online payments can be made at  
[www.myschoolbucks.com](http://www.myschoolbucks.com)

All products are Trans Fat free.  
] Denotes pork.

If paying by check, make checks  
payable to FSD - "Name of School"

Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Analysis
	<i>February is American Heart Month</i> <i>Have a healthy heart at any age!</i>	1 ROASTED CHICKEN Green Salad Orange Smiles  Pizza Hut: Fern Drive	2 WHOLE GRAIN CHICKEN CORN DOG Baby Carrots Fresh Apple Vanilla Pudding  Pizza Hut: Woodcrest	3 REDUCED-FAT AND REDUCED-SODIUM MACARONI & CHEESE Whole Grain Dinner Roll Celery Sticks Diced Peaches  Pizza Hut: Valencia Park	<u>Avg. Nutrients</u> <u>Target</u> Calories 663 100% Cholesterol (Mg) 62 Sodium (Mg) 1129 Fiber (g) 7.6 Iron (Mg) 3.6 103% Calcium (Mg) 552.4 193% Vitamin A (IU) 3941 352% Vitamin C (Mg) 55.3 369% Protein (g) 32 19.3%of Cal Carb (g) 88.4 53.3%of Cal Total Fat (g) 21 28.5%of Cal Saturated Fat (g) 6.0 8.2%of Cal
6 TYSON WHOLE GRAIN CHICKEN SANDWICH WHOLE WHEAT BUN Baby Carrots Applesauce Jungle Crackers Pizza Hut: Beechwood	7 TYSON ALL NATURAL CHICKEN NUGGETS Baked Oven Potatoes Orange Smiles  Pizza Hut: Hermosa Drive	8 LEAN MESQUITE HAMBURGER WITH WHOLE WHEAT BUN Lettuce and Pickle Fresh Banana  Pizza Hut: Golden Hill	9 JENNIE-O SUPER TURKEY NACHOS Salsa Mixed Fruit Cup High Fiber Graham Crackers  Pizza Hut: Laguna Road	10 TERIYAKI BEEF DIPPERS Steamed Brown Rice Diced Peaches Chocolate Pudding  Pizza Hut: Acacia	<u>Avg. Nutrients</u> <u>Target</u> Calories 680 102% Cholesterol (Mg) 69 Sodium (Mg) 1356 Fiber (g) 6.2 Iron (Mg) 4.0 114% Calcium (Mg) 452.4 158% Vitamin A (IU) 2366 211% Vitamin C (Mg) 20.1 134% Protein (g) 33.8 19.9%of Cal Carb (g) 93.5 55%of Cal Total Fat (g) 20.3 26.9%of Cal Saturated Fat (g) 5.6 7.5%of Cal
13 Holiday Lincoln's Birthday	14 BEAN AND LITE CHEESE BURRITO ON A WHOLE WHEAT TORTILLA Baby Carrots Crisp Apple Valentine's Day Cookie	15 MINI CHEESEBURGERS Broccoli and Carrots Fruit Jell-O  Pizza Hut: Maple	16 FOSTER FARMS TURKEY HOT DOG ON A WHOLE WHEAT BUN Baked Oven Potatoes Fresh Pear Whole Grain Chocolate Belly Bear  Pizza Hut: Pacific Drive	17 CHICKEN FAJITAS Spanish Brown Rice Celery Sticks Fresh Banana  Pizza Hut: Raymond	<u>Avg. Nutrients</u> <u>Target</u> Calories 675 102% Cholesterol (Mg) 44 Sodium (Mg) 1248 Fiber (g) 8.6 Iron (Mg) 3.5 100% Calcium (Mg) 465.2 163% Vitamin A (IU) 2665 238% Vitamin C (Mg) 17.6 117% Protein (g) 32.1 19%of Cal Carb (g) 102.5 60.7%of Cal Total Fat (g) 17.3 23%of Cal Saturated Fat (g) 5.1 6.8%of Cal
20 Holiday Presidents' Birthdays	21 DOUBLE-STUFFED 100% MOZZARELLA CHEESE PIZZA & TURKEY PEPPERONI PIZZA Baby Carrots Crisp Apple Pizza Hut: Richman	22 WHOLE GRAIN MAX PIZZA QUESADILLA Broccoli and Carrots Fresh Banana Raisins Pizza Hut: Rolling Hills Drive	23 TYSON ALL NATURAL CHICKEN NUGGETS Baked Oven Potatoes Orange Smiles  Pizza Hut: Orangethorpe	24 JENNIE-O CRUNCHY TURKEY TACO Lettuce and Cheese Fresh Tangerine Smart Cookie  Pizza Hut: Sunset Lane	<u>Avg. Nutrients</u> <u>Target</u> Calories 665 100% Cholesterol (Mg) 65 Sodium (Mg) 1224 Fiber (g) 7.7 Iron (Mg) 5.7 164% Calcium (Mg) 602.7 211% Vitamin A (IU) 4936 441% Vitamin C (Mg) 38.5 257% Protein (g) 34.5 20.7%of Cal Carb (g) 88.4 53.2%of Cal Total Fat (g) 20.6 27.8%of Cal Saturated Fat (g) 5.9 7.9%of Cal
27 RAINBOW TROUT TREASURES Baked Oven Potatoes Crisp Apple Slices Goldfish Graham Crackers  Pizza Hut: Commonwealth	28 <u>BREAKFAST FOR LUNCH</u> French Toast Chicken Sausage Patty Tangerine	29 MINI BLACK BEAN EMPANADAS Cucumber Applesauce  Pizza Hut: Fisler			<u>Avg. Nutrients</u> <u>Target</u> Calories 667 101% Cholesterol (Mg) 55 Sodium (Mg) 1345 Fiber (g) 6.8 Iron (Mg) 3.7 106% Calcium (Mg) 580.7 203% Vitamin A (IU) 3019 270% Vitamin C (Mg) 16.1 107% Protein (g) 30.6 18.3%of Cal Carb (g) 89.1 53.4%of Cal Total Fat (g) 21.8 29.4%of Cal Saturated Fat (g) 6.9 6.9%of Cal

Menu subject to change.

Revised: 1/25/2012

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