






























# May 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																						
 <p>This symbol denotes entrées with 30% or less calories from fat.</p>  <p>This symbol denotes vegetarian entrées</p>	<p>Please join us for a <b>Food Advisory Meeting</b> at Sandia Vista Elementary School, 6800 Franklin Rd. NE, on <b>Wednesday, May 6th</b> at <b>1:30 pm</b> in the cafeteria.</p>	<p><b>Do You Know?</b> Water is available for 30¢ when a meal is purchased.</p>	<p><b>Check Out Our Web Site!</b></p>  <p><a href="http://www.rpps.k12.nm.us">www.rpps.k12.nm.us</a> (under Administration/ Food Service)</p>	<p>Egg &amp; Cheese Breakfast Burrito or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Cheesy Nachos  BBQ Pork Sandwich  Turkey &amp; Cheese Sandwich Chicken Fajita Salad</p> <p><b>SIDES</b> Beef Topping Pinto Beans Apple Sauce Diced Peaches Fresh Celery Sticks Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p><b>1</b> </p>																						
<p>Breakfast Pizza or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Turkey Hot Dog Chicken Fajitas Garden Salad Wrap  Turkey &amp; Ham Chef Salad</p> <p><b>SIDES</b> Green Beans Mixed Fruit Fresh Whole Apples Fresh Broccoli Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p><b>4</b></p>	<p>Sausage Breakfast Burrito or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Baked Potato  Pepperoni Pizza Sub Sandwich Minnie Mouse Salad </p> <p><b>SIDES</b> Toppings • Broccoli w/Cheese Whole Wheat Roll Chilled Pineapple Fresh Orange Wedges Cauliflower Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p><b>5</b> </p>	<p>Breakfast Pocket or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Charbroiled Cheeseburger Turkey &amp; Cheese Sandwich Watermelon or Strawberry Yogurt/String Cheese </p> <p><b>SIDES</b> Chips Crisp Carrot Sticks Bananas</p> <p><b>MILKS</b></p> <p><b>6</b></p>	<p>Yogurt Parfait w/Granola or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Chicken Patty Sandwich Meatless Spaghetti  Club Wrap Fresh Chicken Salad</p> <p><b>SIDES</b> Bread Stick Steamed Carrot Wheels Chilled Diced Pears Fresh Cucumber Slices Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p><b>7</b></p>	<p>Scrambled Eggs &amp; Sausage or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Baked Chicken Nuggets Beef Enchiladas Egg Salad Sandwich  Watermelon or Strawberry Yogurt/String Cheese </p> <p><b>SIDES</b> Sweet Corn Whole Wheat Roll Apple Sauce • Diced Peaches Fresh Celery Sticks Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p><b>8</b> </p>																						
<p>Hot Oatmeal w/Toast or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Beef Ravioli Bean &amp; Cheese Burrito  Ham &amp; Cheese Sandwich Cobb Salad</p> <p><b>SIDES</b> Mixed Vegetables Bread Stick Mixed Fruit Fresh Whole Apples Fresh Broccoli Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p><b>11</b></p>	<p>Ham Breakfast Burrito or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Hot Turkey &amp; Gravy BBQ Pork Sandwich Chicken Caesar Wrap Peppi Salad</p> <p><b>SIDES</b> Mashed Potatoes &amp; Gravy Whole Wheat Roll Chilled Pineapple Fresh Orange Wedges Cauliflower Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p><b>12</b> </p>	<p>Scrambled Eggs w/Cheese or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Baked Chicken Nuggets Sub Sandwich Watermelon or Strawberry Yogurt/String Cheese </p> <p><b>SIDES</b> Pretzels Crisp Carrot Sticks Bananas</p> <p><b>MILKS</b></p> <p><b>13</b> </p>	<p>Egg &amp; Cheese Bagel Sandwich or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Beefy Mac &amp; Cheese  Cheese Pizza  Tuna Salad Sandwich Turkey &amp; Ham Chef Salad</p> <p><b>SIDES</b> Green Beans Chilled Diced Pears Fresh Cucumber Slices Fresh Tossed Salad Push-Up</p> <p><b>MILKS</b></p> <p><b>14</b> </p>	<p>Cheese Toast w/Sausage or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Turkey Corn Dog Sloppy Joe Turkey &amp; Cheese Sandwich Watermelon or Strawberry Yogurt/String Cheese </p> <p><b>SIDES</b> Baked Tater Tots Whole Wheat Roll Apple Sauce • Diced Peaches Fresh Celery Sticks Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p><b>15</b> </p>																						
<p>Cheese Quesadilla w/Sausage or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Pepperoni Pizza BBQ Pork Rib Sandwich Buffalo Chicken Wrap Watermelon or Strawberry Yogurt/String Cheese </p> <p><b>SIDES</b> Sweet Corn • Whole Wheat Roll Mixed Fruit Fresh Whole Apples Fresh Broccoli Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p><b>18</b></p>	<p>Egg &amp; Cheese Muffin or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Manager's Choice Sub Sandwich Cottage Cheese w/Fruit </p> <p><b>SIDES</b> Chilled Pineapple Fresh Orange Wedges Cauliflower Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p><b>19</b> </p>	<p>Manager's Choice or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Charbroiled Hamburger Turkey &amp; Cheese Sandwich Watermelon or Strawberry Yogurt/String Cheese </p> <p><b>SIDES</b> Chips Crisp Carrot Sticks Bananas</p> <p><b>MILKS</b></p> <p><b>20</b></p>	<p>Manager's Choice or Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>ENTREE</b> Manager's Choice Ham &amp; Cheese Sandwich Chicken Caesar Salad</p> <p><b>SIDES</b> Chilled Diced Pears Fresh Cucumber Slices Fresh Tossed Salad</p> <p><b>MILKS</b></p> <p><b>21</b> </p>	<p>Assorted Cold Cereal w/Toast Fruit or Juice and Milk</p> <p><b>NO LUNCH Summer Break Begins</b></p> <p><b>22</b></p>																						
<p><b>Average Daily Nutrients for May:</b></p> <table border="1"> <thead> <tr> <th></th> <th>Actual</th> <th>Target</th> <th>% of Target</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>689</td> <td>664</td> <td>104%</td> </tr> <tr> <td>Vitamin A (IU)</td> <td>4558</td> <td>1119</td> <td>408%</td> </tr> <tr> <td>Vitamin C (mg)</td> <td>44.59</td> <td>15.24</td> <td>278%</td> </tr> <tr> <td>Total Fat</td> <td>25.34%</td> <td>&lt;30%</td> <td></td> </tr> <tr> <td>Saturated Fat</td> <td>8.25%</td> <td>&lt;10%</td> <td></td> </tr> </tbody> </table>		Actual	Target	% of Target	Calories	689	664	104%	Vitamin A (IU)	4558	1119	408%	Vitamin C (mg)	44.59	15.24	278%	Total Fat	25.34%	<30%		Saturated Fat	8.25%	<10%		<p><b>REMINDER: Last Day for student meal charging was May 1st.</b></p>	<p><b>Now Taking Applications</b> for Manager Trainees, Cooks, and General Helpers for next school year. Please call the Office of Student Nutrition at 892-1784 for more information.</p>
	Actual	Target	% of Target																							
Calories	689	664	104%																							
Vitamin A (IU)	4558	1119	408%																							
Vitamin C (mg)	44.59	15.24	278%																							
Total Fat	25.34%	<30%																								
Saturated Fat	8.25%	<10%																								

**PRE-PAID LUNCH FORM**

Please return this form, and the exact amount, in a sealed envelope, with your child's name on the outside, to his or her teacher.

**One child per form, please • Please make checks out to: RIO RANCHO PUBLIC SCHOOLS**

Child's Name \_\_\_\_\_  
 Teacher \_\_\_\_\_  
 Grade \_\_\_\_\_ Today's Date \_\_\_\_\_

	<b>Elementary School Full Price Lunch</b>	<b>Middle School Full Price Lunch</b>	<b>Both Schools Reduced Price Lunch</b>
5 Lunches	\$9.25 <input type="checkbox"/>	5 Lunches \$10.00 <input type="checkbox"/>	5 Lunches \$2.00 <input type="checkbox"/>
10 Lunches	\$18.50 <input type="checkbox"/>	10 Lunches \$20.00 <input type="checkbox"/>	10 Lunches \$4.00 <input type="checkbox"/>
15 Lunches	\$27.75 <input type="checkbox"/>	15 Lunches \$30.00 <input type="checkbox"/>	15 Lunches \$6.00 <input type="checkbox"/>
20 Lunches	\$37.00 <input type="checkbox"/>	20 Lunches \$40.00 <input type="checkbox"/>	20 Lunches \$8.00 <input type="checkbox"/>
25 Lunches	\$46.25 <input type="checkbox"/>	25 Lunches \$50.00 <input type="checkbox"/>	25 Lunches \$10.00 <input type="checkbox"/>

**LUNCH PRICES**

- Full Price Breakfast (K-5)..... **\$.75**
- Full Price Breakfast (6-12)..... **\$1.00**
- Adult Breakfast..... **\$1.25**
- Reduced Price Breakfast (K-12)..... **\$.30**
- Full Price Lunch (K-5) ..... **\$1.85**
- Full Price Lunch (6-8)..... **\$2.00**
- Full Price Lunch (9-12)..... **\$2.00**
- Reduced Price Lunch (K-12) ..... **\$.40**
- Staff Lunch..... **\$2.50**
- Adult Visitor Lunch .... **\$3.00**
- Child Visitor Lunch..... **\$1.85**
- Entree ..... **\$1.35**
- Entree w/meal ..... **\$1.00**
- Juice..... **\$.35**
- Water (with meal) ..... **\$.30**
- Milk..... **\$.50**

**FREE & REDUCED PRICED LUNCH**

Your children may have free or reduced price meals if:

- Your family receives food stamps.
- Your family receives Aid for Needy Families with Children (ANFC).
- Your family makes less than the incomes listed on the chart below.
- **Applications are available at all school offices.**

*Income chart effective from July 1, 2008 to June 30, 2009.*

<b>INCOME ELIGIBILITY GUIDELINES 2008-2009</b>			
Household Size	Reduced Meals		
	Annually	Monthly	Weekly
1	\$19,240	\$1,604	\$370
2	25,900	2,159	499
3	32,560	2,714	627
4	39,220	3,269	755
5	45,880	3,824	883
6	52,540	4,379	1,011
7	59,200	4,934	1,139
8	65,860	5,489	1,267
For each additional family member, add:	+6,660	+555	+129

*If your income is at or below the levels above, you will be eligible for free or reduced price meals. Your application is confidential.*

★ **ADVANCED PAYMENT:** Lunch tickets may be purchased in advance and obtained at the school cafeteria from the site supervisor. This method of payment eliminates students losing their lunch money and facilitates payment of meals.

★ **All NSF checks are collected through First State Bank. \$15.00 fee for this process.**

**May 2009**

**RIO RANCHO PUBLIC SCHOOLS - ELEMENTARY SCHOOL MENU**

**Strawberries are Superstars!**

A strawberry is a superstar when it comes to anti-oxidant power! Strawberries are packed with flavonoids called quercetin and kaempferol. Research shows that these two flavonoids help keep "bad" (LDL) cholesterol from oxidizing and damaging artery walls.

Strawberries also contain ellargic acids which are also found in raspberries, blackberries, cranberries, grapes, cherries, walnuts, pecans and Brazil nuts. Ellargic acid acts as a scavenger to "bind" cancer-causing chemicals, making them inactive.

One serving (about eight medium strawberries) provides:

- More vitamin C than an orange or more than 140 percent of the Recommended Daily Value (RDA) for vitamin C.
- Three grams of fiber, making it a good source of carbohydrates.
- As much potassium as a small banana.
- Anti-oxidants and many essential minerals including calcium and iron.

Did you know that there are about 200 seeds on the outside of each strawberry! That's the same number of children in eight classrooms. Find out more about strawberries such as fun facts and recipes at [www.liftoffplayground.com](http://www.liftoffplayground.com).

The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202-720-2600, voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20259-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.