



"Hi, I am the kitchen manager at Ramsey Elementary. I have four children three of which are in our school district. I love to bake and have owned my own breakfast restaurants in the area and have sold my baked goods at our local farmers' market. I love putting all of my experience to use at Ramsey!" - Kari

High School Lunch Menu 2018

OCTOBER

Meet our Kitchen Manager at Ramsey Elementary, Kari Turnbough

Did you know kids eat more fruits and vegetables when more fruits and vegetables are offered? This concept is part of the National School Lunch program. Our Director of Nutrition Services, Ed Ducar, puts this research to practice. Every single day in our school district from elementary to high school, 8-12 different fruits and 10-14 different vegetables are offered daily to your students. Why? Ed wants to help you develop a healthy eater. By offering more options, your student can select their favorites and be intrigued by other fruits and vegetables that may not be so familiar to them. However, we know that the more kids are around a new food item the more apt they are to try it.

Here are just some of the fruits and vegetables offered daily: cantaloupe, kiwi, honeydew melon, watermelon, pineapple, grapes, oranges, apples, berries, bananas, sweet potatoes, jicama, hummus, spinach, peapods, tomatoes, broccoli, cauliflower, peppers, carrots.

Try our recipe featuring **KALE**, our vegetable of the month:



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Grilled Ham & Cheese Baked Chips	2 Chicken & Rice Taco Chocolate Cake	3 Chicken Breast Filet Potatoes & Gravy Dinner Roll Seasoned Green Beans	4 Homemade Chili & Cheese Bowl Cornbread	5 NO SCHOOL	Cal 796 T.Fat 18.57 G S.Fat 5.8 G Chol 54.2 Mg Sodm 1190.18 Mg Carb 126.38 G
8 German Sausage Potato Choice	9 Orange Chicken Rice Bowl Stir Fry Veggies Egg Roll	10 Chicken Strips Potatoes & Gravy Garlic Toast Buttered Corn	11 Homemade Chicken Bacon Ranch Pizza Caesar Salad	12 Garlic Breadsticks Pizza Sauce String Cheese	Cal 848 T.Fat 23.61 G S.Fat 7.2 G Chol 71.7 Mg Sodm 1289.20 Mg Carb 122.42 G
National School Lunch Week October 8-12					
15 Mini Corn Dogs Potato Choice	16 Chicken Parmesan Focaccia Bread	17 Chicken Drumsticks Potatoes & Gravy Dinner Roll Buttered Peas	18 Taco Salad Boat Giant Goldfish Graham	19 Garlic Breadsticks Pizza Sauce String Cheese	Cal 824 T.Fat 21.24 G S.Fat 6.8 G Chol 54.8 Mg Sodm 1189.88 Mg Carb 125.86 G
22 Tomato Soup Cheesy Breadsticks	23 Sichuan Chicken Rice Bowl Stir Fry Veggies Egg Roll	24 Chicken Fried Steak Potatoes & Gravy Dinner Roll Buttered Corn	25 Rotini & Meatballs Garlic Toast	26 Garlic Breadsticks Pizza Sauce String Cheese	Cal 835 T.Fat 18.59 G S.Fat 6.7 G Chol 54.1 Mg Sodm 1278.82 Mg Carb 133.98 G
29 Breakfast Burger Rosemary Roasted Potato	30 Chicken Caesar Wrap Chocolate Cake	31 Mega Meatball Potatoes & Gravy Dinner Roll Glazed Carrots			Cal 839 T.Fat 20.88 G S.Fat 7.0 G Chol 102.3 Mg Sodm 1231.28 Mg Carb 126.39 G

Other Daily Choices:

- Whole Grain Sub Sandwich, Turkey or Ham
- Whole Grain Turkey Wrap, Turkey or Ham
- Chef Salad with Romaine Lettuce
- Caesar Salad with Romaine Lettuce
- Fresh Fruit and Vegetable Tray
- Low-Fat, Whole Grain Cheese or Pepperoni Pizza

This institution is an equal opportunity provider.

Lunch Meal Prices: High School, \$3.05 Reduced Price: \$.40 Low-fat Milk: \$.50