

FEBRUARY 2010 – ROCHAMBEAU SCHOOL LUNCH MENU

WHITE PLAINS CITY SCHOOLS



Nutrition Corner

Getting Fit

Physical fitness—the ability to carry out daily tasks with vigor, without undue fatigue, and with ample energy to enjoy leisure-time pursuits—has three basic elements. To be truly fit, you should develop each of these components.

Cardiorespiratory endurance is reflected in the sustained ability of the heart and blood vessels to carry oxygen to your body's cells. Excellent "aerobic" activities for building endurance include brisk walking, running, in-line skating, swimming, cycling, rowing, and aerobic dance.

Recommendation: To gain health benefits, 30 minutes of moderate physical activity over the course of most days is enough. For greater cardiovascular benefits, you need to perform moderate-to high-intensity aerobic exercise (at 60 to 90% of your maximum heart rate) three to five times a week, with each session lasting 20 to 60 minutes, in addition to warm-up and cool-down activities

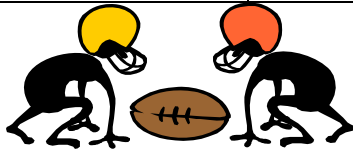

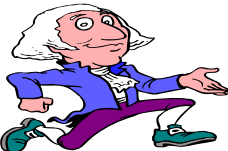
**PARENTS: MAKE PAYMENTS
ON YOUR CHILD'S MEAL
ACCOUNTS ONLINE!**

For more information about how to use this exciting new service, call 800-479-3531 or visit

www.myLunchMoney.com.

You can always contact the central food service office with any questions about this service: (914) 422-2054



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Daily Specials: Assorted Main Dish Salads Cheese/Hamburger, Veggie Burger Nathan Hot Dogs, Deli Sandwiches Cheese Pizza/Soup of the Day		 <i>Super Bowl – Feb. 7, 2010</i>		
1 E BBQ Style Meatballs Steamed Rice Sliced Carrots Fresh Apple	2 F Warm Chicken Fajita strips in Wheat wrap Tossed salad w/dressing Sliced Pears	3 A Whole Grain Rotini w/Meatsauce Steamed Broccoli Italian Bread Slice Fresh Grapes	4 B Whole Grain Cheese Pizza Fresh Carrot & celery Sticks w/ranch dip Peach slices	5 Superintendent's Conference Day Schools Closed
8 C "Breakfast for Lunch" Cinnamon French Toast Turkey Canadian Bacon Baked Potato Puffs Sliced Peaches	9 D Macaroni & Cheese Seasoned Green Beans French Bread Slice Fresh Melon	10 E Turkey Nachos w/"Frito Lays Baked Scoops!" (Includes lettuce, tomato, cheese & salsa) Rice & Beans Mixed Fruit Cup	11 F New Orleans Style Chicken served over brown rice Whole kernel corn Fresh Apple	12 A Whole Grain Cheese Pizza Green Garden Salad w/Dressing Cinnamon Applesauce "Valentine's Day treat"
15 	Schools Closed for Mid-Winter Vacation 2/15/10 – 2/19/10			20 
22 B Breaded Mozzarella Sticks w/Sauce Mixed Vegetables Rye Dinner Roll Fresh Apple	23 C Baked Popcorn Chicken bites Fresh Cucumber and Tomato Salad Fresh Banana	24 D Min Burgers on mini buns(2) "Sliders" Oven Baked potato rounds Fruit Mix	25 E Roasted Turkey w/Gravy Sliced Carrots Mashed Potatoes Wheat Dinner Roll Sliced Pears	26 F Whole Grain Cheese Pizza Tossed Garden salad w/dressing Peach slices

****All Lunches served with choice of low-fat milks** (If you have a food Allergy please speak to the manager, chef or your server)**

Please call your school manager after 1:00 p.m. if you have questions:

Rochambeau: Francesca Binasco 422 - 2360
Francescabinasco@wpcsd.k12.ny.us

**Breakfast served daily - \$1.00
Lunch Price - \$2.00**

- *Choice of cold cereals, bagels, yogurt, muffins, breakfast bars
- *Choice of canned or fresh fruits
- *Choice of low fat milks
- *Daily side choices for lunch: Tossed salad, alternate vegetable choice, assorted fresh fruits & 100% juices