

SIMPLY GOOD

by Chartwells

FRESH & LOCAL

THE BEST
LOCAL FOOD
IS WHAT'S GROWN
CLOSEST TO YOU.



LOCAL PRODUCE MAY 2012

STRAWBERRIES	WESTMORELAND BERRY	COLONIAL BEACH, VA
CUCUMBERS	PARKER FARMS	OAK GROVE, VA
LEAF LETTUCE	SPRING VALLEY FARMS	MARTINSBURG, WV
YELLOW SQUASH	PARKER FARMS	OAK GROVE, VA
ZUCCHINI	PARKER FARMS	OAK GROVE, VA
SPINACH	PETRANGLO FARMS	VINELAND, NJ

Local Feature: Lettuce!

Each May, DCPS hosts a local strawberries and salad greens day. The salad greens are grown especially for DCPS at Spring Valley Farms in West Virginia. Farmer Eli of Spring Valley Farms plants the lettuce in the spring so that it is ready for harvesting at the end of May. Students will enjoy local lettuce leaves in a tasty side salad on May 25.

Leaf Lettuce Nutrition

Leafy green lettuce is an excellent source of many important vitamins and minerals. One cup of salad greens provides an excellent source of vitamin K, vitamin A, folate and vitamin C. Vitamin K is important in the blood clotting process to help stop bleeding with cuts and scrapes. It also helps to build strong bones.





Afterschool Snack Menu for All Schools (K-12)

May 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Eat your greens!</i> Green fruits and vegetables are important for vision health and strong bones and teeth. They may also lower the risk of some cancers. In May, green lettuce is local in the DC area.</p>	<p>1 Whole Wheat Bagel w/ Cream Cheese</p> <p>100% Orange Juice (6 oz)</p>	<p>2 Whole Grain Cinnamon Toast Crunch Cereal Bowl</p> <p>Fresh Banana 1% Milk</p>	<p>3 Whole Grain Apple Cinnamon Muffin</p> <p>100% Apple Juice (6 oz)</p>	<p>4 Baked Tostitos Scoops w/ Salsa Cup</p> <p>100% Orange Juice (6 oz)</p>
<p>7 Whole Grain Banana Bread w/ String Cheese</p> <p>1% Milk</p>	<p>8 Whole Grain Goldfish Crackers w/ String Cheese</p> <p>100% Orange Juice (6 oz)</p>	<p>9 Whole Grain Blueberry Muffin</p> <p>100% Apple Juice (6 oz)</p>	<p>10 All Natural Yogurt Cup Wheatworth Crackers</p> <p>100% Orange Juice (6 oz)</p>	<p>11 Whole Grain Berry Kix Cereal Bowl</p> <p>Fresh Banana 1% Milk</p>
<p>14 Whole Grain Goldfish Crackers w/ String Cheese</p> <p>100% Apple Juice (6 oz)</p>	<p>15 Whole Wheat Bagel w/ Cream Cheese</p> <p>100% Orange Juice (6 oz)</p>	<p>16 Whole Grain Multigrain Cheerios Cereal Bowl</p> <p>Fresh Banana 1% Milk</p>	<p>17 Whole Grain Apple Cinnamon Muffin</p> <p>100% Apple Juice (6 oz)</p>	<p>18 Baked Tostitos Scoops w/ Salsa Cup</p> <p>100% Orange Juice (6 oz)</p>
<p>21 No School</p>	<p>22 Whole Grain Goldfish Crackers w/ String Cheese</p> <p>100% Orange Juice (6 oz)</p>	<p>23 Whole Grain Blueberry Muffin</p> <p>100% Apple Juice (6 oz)</p>	<p>24 All Natural Yogurt Cup Wheatworth Crackers</p> <p>100% Orange Juice (6 oz)</p>	<p>25 Whole Grain Banana Bread w/ String Cheese</p> <p>1% Milk</p>
<p>28 Memorial Day</p>	<p>29 Whole Wheat Bagel w/ Cream Cheese</p> <p>100% Apple Juice (6 oz)</p>	<p>30 Whole Grain Cinnamon Toast Crunch Cereal Bowl</p> <p>Fresh Banana 1% Milk</p>	<p>31 Whole Grain Apple Cinnamon Muffin</p> <p>100% Orange Juice (6 oz)</p>	

Menu: Snack

Grades: K-12

Key: WG = Whole Grain, WW = Whole Wheat, RF = Reduced Fat

Tues - 5/01/2012														
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Wheat Bagel w/ Cream Cheese	2.8 oz	272	25	493	4.02	1.09	40.3	304	0	7.04	40.21	9.1	5.06	0
Orange Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													12.90%	

Wed- 5/02/2012														
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cinnamon Toast Crunch	1 EACH	110	0	200	3	3.6	200	400	4.8	1	22	3	0	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													4.70%	

Thurs - 5/03/2012														
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Appleicious Cinn Muffin	1 each	140	25	85	2	0.72	40	100	0	4	27	3	0	0
Apple Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													0.00%	

Fri- 5/04/2012														
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Tortilla Shells	1 oz	120	0	130	2	0.36	20	0	0	0	22	3	0.5	0
Salsa Cup	1/4 cup	23	0	268	0.85	1.39	7.5	343	2.5	0.94	4.36	0.13	0.02	0
Orange Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													2.10%	

Mon - 5/07/2012														
Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Whole Grain Banana Bread	1 each	150	20	70	3	1.08	40	100	6	4	27	4.5	0	0
String Cheese	1 oz	83	15	207	0	0.08	204.7	145	0	7.28	1.12	5.9	3.36	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													9.80%	

Tues - 5/08/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Whole Grain Cheddar Goldfish	1 each	100	5	170	1	0.36	20	0	0	3	14	3.5	1	0
String Cheese	1 oz	83	15	207	0	0.08	204.7	145	0	7.28	1.12	5.9	3.36	0
Orange Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													14.60%	

Wed- 5/09/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Bluenanaberry Muffin	1 each	150	20	90	3	0.72	10	100	2.4	4	29	0	0	0
Apple Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													0.00%	

Thurs- 5/10/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Yogurt Cup, Stonyfiend	4 oz	80	5	75	0	0	150	0	0	4	13.05	1	0.5	0
Wheatworth Crackers	4 pkg	240	0	560	4	1.44	0	0	0	4	32	10	0	0
Orange Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													1.10%	

Fri - 5/11/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Berry Kix	1 EACH	110	0	200	3	3.6	200	400	4.8	1	22	3	0	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													4.70%	

Mon - 5/14/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Whole Grain Cheddar Goldfish	1 each	100	5	170	1	0.36	20	0	0	3	14	3.5	1	0
String Cheese	1 oz	83	15	207	0	0.08	204.7	145	0	7.28	1.12	5.9	3.36	0
Orange Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													14.60%	

Tues- 5/15/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Wheat Bagel w/ Cream Cheese	2.8 oz	272	25	493	4.02	1.09	40.3	304	0	7.04	40.21	9.1	5.06	0
Orange Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													12.90%	

Wed - 5/16/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Multigrain Cheerios	1 bowl	70	0	105	2	10.8	60	300	9	2	15	1	0	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													4.70%	

Thurs - 5/17/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Appleicious Cinn Muffin	1 each	140	25	85	2	0.72	40	100	0	4	27	3	0	0
Apple Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													0.00%	

Fri - 5/18/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Tortilla Shells	1 oz	120	0	130	2	0.36	20	0	0	0	22	3	0.5	0
Salsa Cup	1/4 cup	23	0	268	0.85	1.39	7.5	343	2.5	0.94	4.36	0.13	0.02	0
Orange Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													2.10%	

Tues- 5/22/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Whole Grain Cheddar Goldfish	1 each	100	5	170	1	0.36	20	0	0	3	14	3.5	1	0
String Cheese	1 oz	83	15	207	0	0.08	204.7	145	0	7.28	1.12	5.9	3.36	0
Orange Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													14.60%	

Wed - 5/23/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Bluenanaberry Muffin	1 each	150	20	90	3	0.72	10	100	2.4	4	29	0	0	0
Apple Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													0.00%	

Thurs - 5/24/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Yogurt Cup, Stonyfiend	4 oz	80	5	75	0	0	150	0	0	4	13.05	1	0.5	0
Wheatsworth Crackers	4 pkg	240	0	560	4	1.44	0	0	0	4	32	10	0	0
Orange Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													1.10%	

Fri - 5/25/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Whole Grain Banana Bread	1 each	150	20	70	3	1.08	40	100	6	4	27	4.5	0	0
String Cheese	1 oz	83	15	207	0	0.08	204.7	145	0	7.28	1.12	5.9	3.36	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													9.80%	

Tues- 5/29/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Wheat Bagel w/ Cream Cheese	2.8 oz	272	25	493	4.02	1.09	40.3	304	0	7.04	40.21	9.1	5.06	0
Apple Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													12.90%	

Wed - 5/30/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Cinnamon Toast Crunch	1 EACH	110	0	200	3	3.6	200	400	4.8	1	22	3	0	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
MILK,1% Lowfat	HALF PINT	110	15	135	0	0	300	500	1.2	9	13	2.5	1.5	0
Saturated Fat % of Total Calories													4.70%	

Thurs - 5/31/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Appleicious Cinn Muffin	1 each	140	25	85	2	0.72	40	100	0	4	27	3	0	0
Orange Juice Can	1 each	80	0	20	0	0	0	0	0	0	20	0	0	0
Saturated Fat % of Total Calories													0.00%	