



Monticello Academy at Lake Park  
LUNCH MENU  
June 1 to 5, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 FRIED CHICKEN MIXED VEGETABLES WHOLE WHEAT ROLLS W/ BUTTER, CHIP MILK- VARIETY STRAWBERRY CUP	3 CHEESEBURGER ON A BUN BAKED POTATO CHIPS CHOCOLATE CHIP COOKIES MIXED VEGETABLES MILK- VARIETY LETTUCE & TOMATO	4 PIZZA WITH CHEESE TOPPING SALAD, TOSSED RANCH DRESSING BREAD STICKS PINEAPPLE CHUNKS MILK- VARIETY	5 MONTICELLO LUNCHABLES CARROT STICKS FRUIT CUP CHOC. MILK RANCH DRESSING SALAD, TOSSED ICE CREAM	6 HAVE A GREAT SUMMER! SEE YOU NEXT YEAR!	<i>Cal</i> 759 <i>T.Fat</i> 22.62 G <i>S.Fat</i> 8.3 G <i>Chol</i> 85.1 Mg <i>Fiber</i> 10.4 G <i>Prtn</i> 43.85 G <i>Iron</i> 5.31 Mg <i>Calc</i> 654.44 Mg
9 Lunch prices for this menu 7 <sup>th</sup> -9 <sup>th</sup> Grades \$1.75/day \$7.00 1 <sup>st</sup> -6 <sup>th</sup> Grades \$1.60/day \$6.40 Reduced \$0.40/day \$1.60 Adults \$2.50/day \$10.00	10	11 Menu subject to change without notice.	12	13 In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.	
16	17	18	19	20	
<p><b><u>All lunch accounts need to be paid in full by the end of the year.</u></b> You can check your account balance on the student portal or you can call the office at 417-8040 (please call after 8:30 am or before 2:00 pm).</p>					

## Monticello Academy Wellness



### READY SET, LETS GET FIT

#### Should I eat energy bars?

It depends. There are many different energy bars you can buy. Some are high in carbohydrates and others are high in protein. They do not contain any magic ingredient that will help your athletic performance. Regular foods that have some carbohydrate and protein in them like yogurt, cheese and crackers, or cereal bars are just as good and usually cost less.

#### Should I eat extra protein?

Although some extra protein is needed to build muscle, most people eat plenty of protein and eating extra will not have any benefit. For most people, 2 servings of protein foods (like meat, poultry, fish, beans, tofu, or eggs) every day and 2 servings of dairy protein (like milk, yogurt, or cheese) will provide enough protein but *Every age group has a different need for protein. So you could go to [mypyramid.gov](http://mypyramid.gov) to figure out your own needs.*

Eating enough calories is actually more important for building new muscle. Without enough calories, your body can't do it.

#### Do I need to lift heavy weights to build muscle?

No. You do not need to lift heavy weights to strengthen and tone muscles on your body. You can build muscles by doing toning exercises, lifting light weights, or playing sports. You can even strengthen certain muscle groups by doing activities such as cleaning your room and carrying your book bag.



#### How can I lose weight just in my stomach?

There are no exercises or nutrition plans that can target *weight loss* to a specific area of your body, like your stomach. You can do abdominal crunches or sit-ups. Combining cardio (exercises that make you sweat) with ab training will build muscle and burn stored fat.

#### Is YOGA good for you?

Yoga is excellent for health. It combines stretching, muscle toning, and breathing. Popular poses include the downward dog and the triangle. Yoga relaxes the body and helps you feel less stressed. You can try a yoga video or take a class. YOGA is lots of fun!

#### How often do I need to exercise?

There is no specific formula to figure out how often you need to exercise. Aim for regular physical activity. Try to fit in exercise on most days but not every day. It's ok to take days off. For most teens, exercising 4-5 times per week is a great goal.

Remember "skinny does not mean healthy" you still need to exercise and eat a well balance diet.

Enjoy, Sandra Martinez

**HAVE A GREAT SUMMER**

