



# February

Have FUN and color me!

SCHOOL LUNCH PROGRAM

Eat More Fruits and Vegetables with SCHOOL MEALS



Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>2</b> Donuts Lil Smokies Juice Milk</p> <hr/> <p>Pizza Corn Salad Fruit Cookies Milk</p>	<p><b>3</b> Pancakes Syrup Juice Milk</p> <hr/> <p>Ravioli Veggie Fruit Max Stix Cookies Milk</p>	<p><b>4</b> Sausage &amp; Biscuit Jelly Juice Milk</p> <hr/> <p>Chicken Rings Mashed Potatoes Veggie Fruit Rolls Milk</p>	<p><b>5</b> Breakfast Pizza Juice Milk</p> <hr/> <p>Tater Tot Casserole Pinto Beans Cornbread Fruit Milk</p>	<p><b>6</b> Cereal Cinnamon Toast Juice Milk</p> <hr/> <p>Hamburgers / BBQ Burger Fixins Chips(Elem) Fries (MS-HS) Fruit Cookies Milk</p>
<p><b>9</b> Pancake Sausage On a Stick Syrup Juice Milk</p> <hr/> <p>Pizza Corn Salad Fruit Cookies Milk</p>	<p><b>10</b> Bagels Juice Milk</p> <hr/> <p>Soup Grilled Cheese Carrot Sticks Fruit Cookies Milk</p>	<p><b>11</b> Ham &amp; Cheese Puffs Juice Milk</p> <hr/> <p>Steak Fingers Mashed Potatoes Veggie Fruit Rolls Milk</p>	<p><b>12</b> Cereal Cinnamon Toast Juice Milk</p> <hr/> <p>Spaghetti &amp; Meat Sauce Salad Veggie Max Stix Fruit Milk</p>	<p><b>13</b> Sausage Rolls Juice Milk</p> <hr/> <p>Hamburgers / BBQ Burger Fixins Fries Fruit Cookies Milk</p>
<p><b>16</b></p> <p><b>HOLIDAY</b></p>	<p><b>17</b> Pancakes Syrup Juice Milk</p> <hr/> <p>Ham Sandwiches Sandwich Fixins Baked Chips Fruit Cookies Milk</p>	<p><b>18</b> Sausage &amp; Biscuit Jelly Juice Milk</p> <hr/> <p>Chicken Rings Mashed Potatoes Veggie Fruit Rolls Milk</p>	<p><b>19</b> French Toast Sticks Lil Smokies Syrup Juice Milk</p> <hr/> <p>Catfish Baked Beans Mac &amp; Cheese Fruit Rolls Milk</p>	<p><b>20</b> Breakfast Pizza Juice Milk</p> <hr/> <p>Hamburgers / BBQ Burger Fixins Fries Fruit Cookies Milk</p>
<p><b>23</b> Pancake Sausage On a Stick Syrup Juice Milk</p> <hr/> <p>Pizza Corn Salad Fruit Cookies Milk</p>	<p><b>24</b> Strudels Cereal Juice Milk</p> <hr/> <p>Hot Dogs Goldfish Carrot Sticks Veggie Fruit Milk</p>	<p><b>25</b> Sausage Rolls Juice Milk</p> <hr/> <p>Chicken Fajitas Refried Beans Salad Fruit Cookies Milk</p>	<p><b>26</b> Ham &amp; Cheese Puffs Juice Milk</p> <hr/> <p>Beef &amp; Bean Burritos Pinto Beans Rice Cornbread Fruit Milk</p>	<p><b>27</b> Bagels Juice Milk</p> <hr/> <p>Hamburgers / BBQ Burger Fixins Fries Fruit Cookies Milk</p>

## Get Heart Smart!

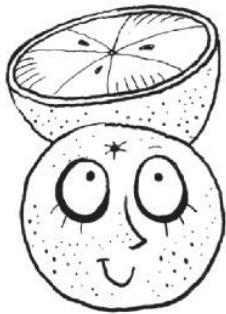
February is National Heart Month. Keep your ticker strong and healthy by eating plenty of fruits, vegetables and whole grains at home and at school. According to the American Heart Association, the best way to show your heart some love – and prevent heart disease – is to eat right and exercise daily.

## Valentine's Day Treats

Create red and pink snack plates to celebrate Valentine's Day. A friendship fruit plate could include blood orange sections, red and pink grapefruit wedges, red grapes, apple slices, strawberries and raspberries. Serve them with a delicious pink dip made of nonfat, plain yogurt flavored with cranberry juice. Or make friendship vegetable plates with sliced raw red peppers, radishes, beets and tomatoes. Yum!



## Did You Know?



February is National Grapefruit Month! Texas farmers grow some of the reddest, sweetest grapefruit around. "Ruby Reds" and "Texas Reds" are at their peak this month, so eat your fill of these vitamin-rich, sweet, tart treats now. Besides being delicious, grapefruit contain more vitamin C than oranges and are loaded with potassium and vitamin A.

## Check Out the CAFETERIA BUZZ

**Menus meet recommended dietary guidelines and may change due to product availability, customer satisfaction or other significant market changes.**

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://www.mypyramid.gov). Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

