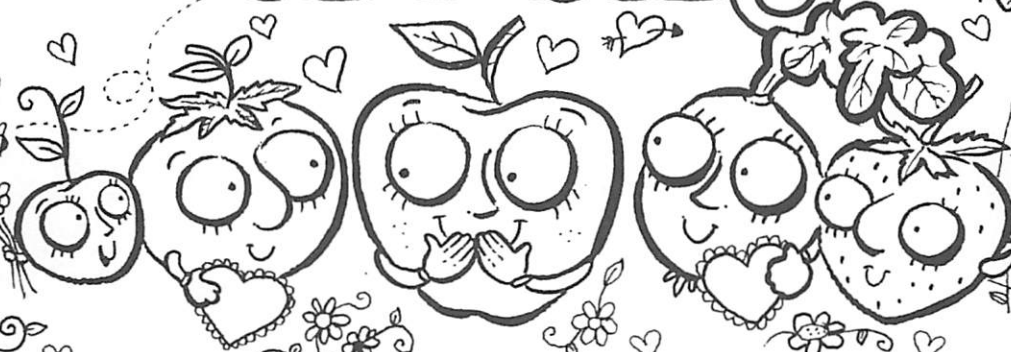




February

Have FUN and color me!

SCHOOL LUNCH PROGRAM



Eat More Fruits and Vegetables WITH SCHOOL MEALS

Monday Tuesday Wednesday Thursday Friday

<p><u>1</u> Pancakes Pepperoni Pizza Corn dogs Baked Beans Yams Oranges</p>	<p><u>2</u> Breakfast Bagels Grilled Cheese Sandwiches Chicken Noodle Soup Sweet Peas Baby Carrots Sticks Diced Peaches Crackers Cookies</p>	<p><u>3</u> Pocket Cheese Pizza Fish Nuggets Popcorn Chicken Mashed Potatoes w/wo Gravy Green Beans Applesauce Rolls</p>	<p><u>4</u> Pancake Sausage On a Stick Pepperoni Pizza Baked Chicken Pinto Beans Rice Fruit Mix Cookies</p>	<p><u>5</u> Ham & Cheese Kolache Hamburgers/BBQ w/wo Sliced Cheese Burger Salad Cup Tater Tots Diced Pears</p>
<p><u>8</u> Sausage Rolls Pepperoni Pizza Ham Sandwiches w/wo Cheese Tossed Salad w/wo Dressing Baked Chips Apples</p>	<p><u>9</u> Egg, Cheese, & Sausage Pockets Frito Pie Hot Dogs Oven Roasted Fries Diced Peaches Cookies</p>	<p><u>10</u> Breakfast Pizza Chicken Rings Steak Fingers Mashed Potatoes w/wo Gravy Broccoli & Cheese Applesauce Rolls</p>	<p><u>11</u> Sausage & Biscuits Pepperoni Pizza Soft Beef Tacos Refried Beans Tossed Salad w/wo Dressing Fruit Mix Cookies</p>	<p><u>12</u> Honey Buns Hamburgers/BBQ w/wo Sliced Cheese Burger Salad Cup Fries Diced Pears</p>
<p><u>15</u> HOLIDAY</p>	<p><u>16</u> Breakfast Bagels Ravioli Spaghetti with Meat Sauce Tossed Salad w/Dressing Diced Peaches Max Stix Cookies</p>	<p><u>17</u> Pocket Cheese Pizza Dino Nuggets Chicken Fried Steak Mashed Potatoes w/wo Gravy Green Beans Applesauce Rolls</p>	<p><u>18</u> Pancake Sausage On a Stick Pepperoni Pizza Beef Burritos Corn Yams Fruit Mix Cookies</p>	<p><u>19</u> Ham & Cheese Kolaches Hamburgers/BBQ w/wo Sliced Cheese Burger Salad Cup Tater Tots Diced Pears</p>
<p><u>22</u> Sausage Rolls Pepperoni Pizza Beef Nachos Tossed Salad w/wo Dressing Pinto Beans Apples</p>	<p><u>23</u> Egg, Cheese, & Sausage Pockets Pork Rib Sandwich Chicken Sandwich Sandwich Salad Cup Baked Chips Diced Peaches Cookies</p>	<p><u>24</u> Breakfast Pizza Chicken Rings Salisbury Steak Mashed Potatoes w/wo Gravy Spinach Applesauce Rolls</p>	<p><u>25</u> Sausage & Biscuit Pepperoni Pizza Chicken Fajitas Refried Beans Corn Fruit Mix Cookies</p>	<p><u>26</u> Honey Buns Hamburgers/BBQ w/wo Sliced Cheese Burger Salad Cup Fries Diced Pears</p>

Get Heart Smart!

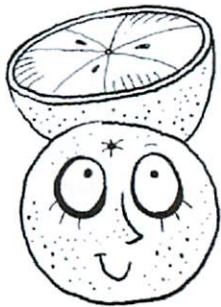
February is National Heart Month. Keep your ticker strong and healthy by eating plenty of fruits, vegetables and whole grains at home and at school. According to the American Heart Association, the best way to show your heart some love — and prevent heart disease — is to eat right and exercise daily.

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



Breakfast: Cereal, Toast, & a variety of Juice & Milk offered daily

Lunch: Baked Potatoes & a variety of Salads & Milk offered daily

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. 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) 720-6362 (T11). USDA is an equal opportunity provider and employer.

Crunch & Munch

Healthy Foods are friends for Life

Hey, Munch, why shouldn't you tell secrets on a farm?

Hm. I'm not sure.

Because corn has ears and potatoes have eyes!

Ha Ha!

Speaking of potatoes, did you know February is National Sweet Potato Month?

No, I didn't. But I do know that sweet potatoes are fat free, sodium free, high in vitamins A and C, and a good source of fiber and potassium.

Wow! You really know your sweet potatoes. I just know I like to eat them. I especially love baked sweet potato fries. They're so warm and satisfying.

That reminds me, what do you call a stolen yam?

I don't know.

A hot potato!

POLICE

Crunch & Munch comics by Missi Jay.