

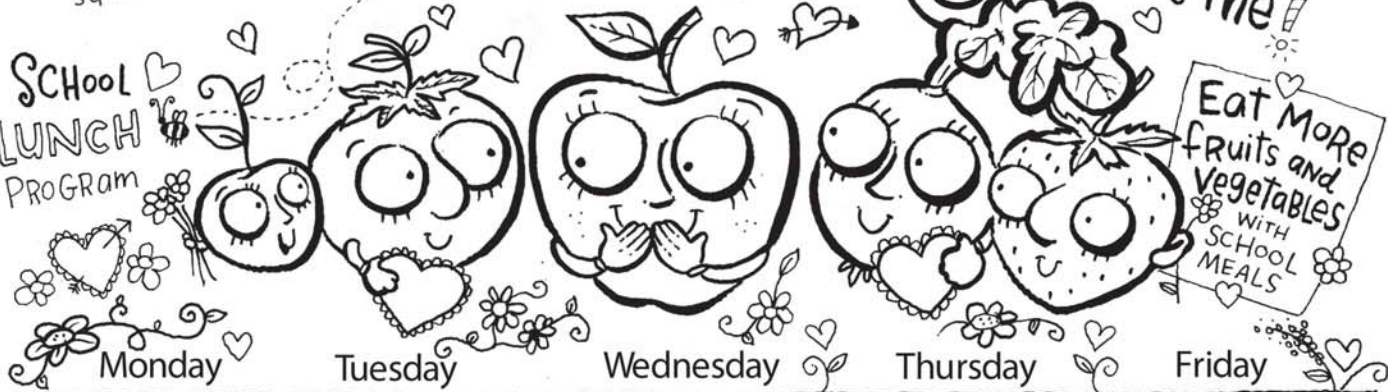


# February

Have FUN and color me!

SCHOOL LUNCH PROGRAM

Eat More Fruits and Vegetables WITH SCHOOL MEALS



Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>EGGROLL LEMON RICE GREEN BEANS MANDARIN ORANGES <b>FORTUNE COOKIES</b></p> <p>MILK</p>	<p>2</p> <p>BBQ PORK SANDWICH W/WW BUN POTATO WEDGES PEACHES</p> <p>GREEN SALAD @ H.S.</p> <p>MILK</p>	<p>3</p> <p>CRISP TACO LETTUCE&amp;CHEESE CORN ON THE COB APPLE SLICES</p> <p>MILK</p>	<p>4</p> <p>PIZZA GREEN SALAD PINEAPPLE <b>LEMON CAKE</b></p> <p>MILK</p>	<p>5</p> <p>SAUSAGE ON A BISCUIT HASH BROWNS APPLESAUCE ORANGE JUICE</p> <p>MILK</p>
<p>8</p> <p>CORN DOG POTATO WEDGES ORANGE SLICES</p> <p>MILK</p>	<p>9</p> <p>NACHO GREEN SALAD PEARS <b>FROZEN FRUIT BAR</b></p> <p>MILK</p>	<p>10</p> <p>CHICKEN NUGGETS RICE PILAF GREEN SALAD APPLE SLICES</p> <p>MILK</p>	<p>11</p> <p>HAMBURGER W/WW BUN FRENCH FRIES PEACHES <b>CHOCOLATE CHIP COOKIE</b></p> <p>MILK</p>	<p>12</p> <p><b>NO SCHOOL</b></p> <p><b>INSERVICE</b></p> <p><b>ELKS TOURNAMENT</b></p>
<p>15</p> <p><b>NO SCHOOL</b></p> <p><b>PARENT TEACHER CONFERENCE</b></p>	<p>16</p> <p>SALISBURY STEAK MASHED POTATO &amp; BROWN GRAVY PEAS &amp; CARROTS BREAD ICE CREAM CUP</p> <p>MILK</p>	<p>17</p> <p>CHILI CHEESE BOATS FRITO CHIPS GREEN SALAD CORN</p> <p>MILK</p>	<p>18</p> <p>PIZZA GREEN SALAD PINEAPPLE <b>CHOCOLATE CUPCAKES</b></p> <p>MILK</p>	<p>19</p> <p>FRENCH TOAST SAUSAGE HASH BROWNS STRAWBERRYS</p> <p>MILK</p>
<p>22</p> <p>TOASTED CHEESE SANDWICH TOMATO SOUP ORANGE SLICES CRACKERS <b>ICED BROWNIE</b></p> <p>MILK</p>	<p>23</p> <p>CHICKEN BURGER W/WW BUN POTATO WEDGES PEARS</p> <p>GREEN SALAD @ H.S.</p> <p>MILK</p>	<p>24</p> <p>SPAGETTI GREEN SALAD PEAS GARLIC BREAD</p> <p>MILK</p>	<p>25</p> <p>HAMBURGER W/WW BUN FRENCH FRIES ORANGE SLICES</p> <p>MILK</p>	<p>26</p> <p>FISH BURGER~HS FISH NUGGETS~ HH TATOR TOTS PEACHES <b>CHERRY CHIP CUPCAKE</b></p> <p>MILK</p>

# Get Heart Smart!

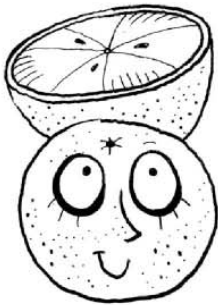
February is National Heart Month. Keep your ticker strong and healthy by eating plenty of fruits, vegetables and whole grains at home and at school. According to the American Heart Association, the best way to show your heart some love — and prevent heart disease — is to eat right and exercise daily.

## 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



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.

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Crunch & Munch comics by Missi Jay.

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!

