

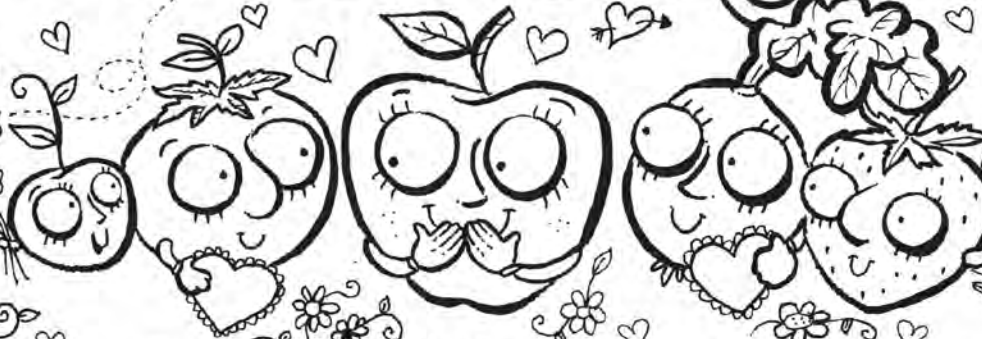


February

Have FUN and color me!

SCHOOL LUNCH PROGRAM

Eat More Fruits and Vegetables WITH SCHOOL MEALS



Monday Tuesday Wednesday Thursday Friday

<p>1 Breakfast Wrap</p> <p>Cheese Sticks with Marinara Sauce or Grilled Chicken Salad Green Beans Garden Salad Chilled Fruit Cold Milk</p>	<p>2 Kellogg's Jump Start</p> <p>Nacho Grande or Quesadilla Spanish Rice Seasoned Pinto Beans Southwest Chicken Soup Chilled Fruit Cold Milk</p>	<p>3 Breakfast Bun</p> <p>Fruit Plate with Yogurt or BBQ Sandwich Baked Beans Pickle Spears Clodhoppers Cold Milk</p>	<p>4 Cinnamon Waffle</p> <p>Tony's Pizza or Baked Potato Chicken Noodle Soup Cauliflower with Cheese Sauce Fresh fruit Cold Milk</p>	<p>5 Kolache</p> <p>Cheeseburger or Corn Dog Tater Tots Lettuce, Tomato and Pickles Chilled Fruit Cold Milk</p>
<p>8 Omelet w/ Cheese</p> <p>Chicken Strips or Salisbury Steak Broccoli Rice Casserole Glazed Carrots Chilled Fruit Hot Roll Cold Milk</p>	<p>9 French Toast</p> <p>Frito Pie or Chilidog Texas Chili Seasoned Corn Baby Carrots w/ Dip Scooby Doo Snack Cold Milk</p>	<p>10 Muffin</p> <p>Tyson Chicken Nuggets or Wedge O' Fish Macaroni and Cheese Green Beans Chilled Fruit Hot Roll Cold Milk</p>	<p>11 Pancakes</p> <p>Personal Pizza or Baked Potato Broccoli Cheese Soup California Vegetables Fresh Fruit Cold Milk</p>	<p>12 Cinnamon Rolls</p> <p>Cheeseburger or Corn Dog Tater Tots Lettuce, Tomato and Pickles Chilled Fruit Cold Milk</p>
<p>15</p> <p>No School</p>	<p>16 Kellogg's Jump Start</p> <p>Grilled Cheese or Steak Sandwich Vegetable Soup Luigi's Sherbert Cup Corn on the Cob Cold Milk</p>	<p>17 Breakfast Bun</p> <p>Fruit Plate with Yogurt or Corn Dog Baked Beans Minute Maid Frozen Juice Bar Cold Milk</p>	<p>18 Cinnamon Waffle</p> <p>Stuffed Crust Pizza or Baked Potato Chicken Noodle Soup Broccoli with Cheese Sauce Fresh Apple Cold Milk</p>	<p>19 Kolache</p> <p>Soft Beef Taco or Quesadilla Charro Beans Spanish Rice Lettuce, Tomato Chilled Fruit Cold Milk</p>
<p>20 Omelet w/ Cheese</p> <p>Chicken Drumstick or Country Steak Mashed Potatoes with Country Gravy Black Eyed Peas Chilled Fruit Jalapeno Cornbread Cold Milk</p>	<p>23 French Toast</p> <p>Hoagie Box Lunch or Beef Tips and Rice Gumbo Soup Green Beans Hunt's chocolate Pudding Hot Roll Cold Milk</p>	<p>24 Muffin</p> <p>Tyson Chicken Nuggets or Grilled Chicken Salad Glazed Carrots Chilled Fruit Hot Roll Cold Milk</p>	<p>25 Pancakes</p> <p>Tony's Pizza Wedge or Baked Potato Broccoli and Carrots with Dip Canadian Cheese Soup Fresh Fruit Cold Milk</p>	<p>26 Cinnamon Rolls</p> <p>Cheeseburger or Corn Dog Tater Tots Lettuce, Tomato and Pickles Chilled Fruit Cold Milk</p>

Get Heart Smart!

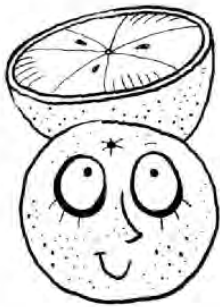
February is National Heart Month. Keep your ticker strong and healthy by eating plenty of fruits, vegetables and whole grains at home and at school. According to the American Heart Association, the best way to show your heart some love — and prevent heart disease — is to eat right and exercise daily.

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-r 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. 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.

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!

