

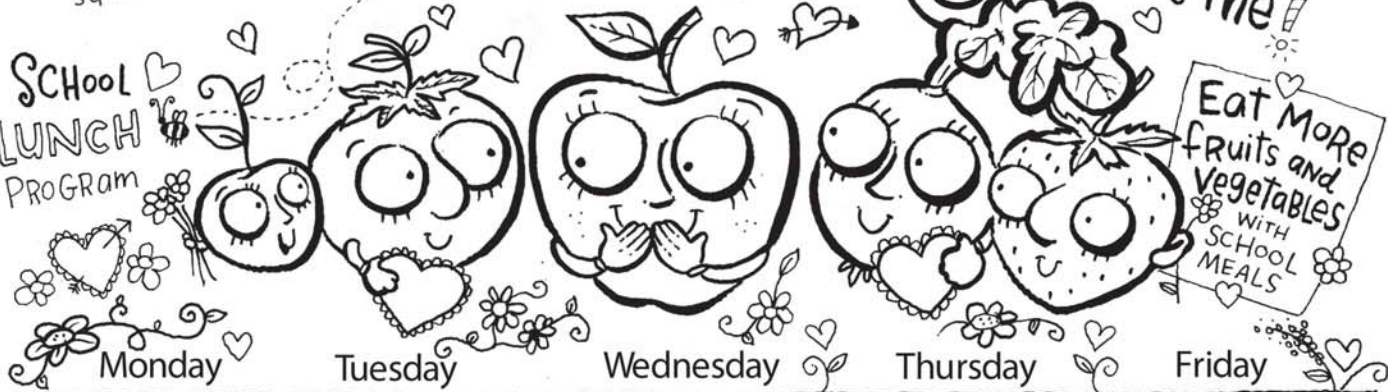


# February

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>Cheese Steak French Fries Oranges Dessert Milk</p>	<p>2</p> <p>Chicken Parmesan Buttered Noodles Green Beans Dessert Milk</p>	<p>3</p> <p>Shepherd's Pie (Beef, gravy, mashes potatoes, corn, peas) Grapes Dessert Milk</p>	<p>4</p> <p>Spaghetti &amp; Meatballs Salad Roll &amp; Butter Dessert Milk</p>	<p>5</p> <p>Pizza Applesauce Yogurt Dessert Milk Super Bowl Treat!</p>
<p>8</p> <p>Pasta Alfredo w/ chicken Asparagus Dessert Milk</p>	<p>9</p> <p>Soft Taco Pineapple Dessert Milk</p>	<p>10</p> <p>Cheese Ravioli Broccoli Applesauce Dessert Milk</p>	<p>11</p> <p>Cheeseburger French Fries Cinnamon Apples Dessert Milk</p>	<p>12</p> <p>Tomato Soup Grilled Cheese Pears Valentine Cookies Milk</p>
<p>15</p> <p><b>NO SCHOOL PRESIDENT'S DAY</b></p>	<p>16</p> <p>Hot Roast Beef Sandwich Carrots Dessert Milk <b>Faschnacht Day!</b></p>	<p>17</p> <p>Vegetable Lasagna Grapes Dessert Milk</p>	<p>18</p> <p>Hot Dogs on Roll Baked Beans Orange Slices Dessert Milk</p>	<p>19</p> <p>Fish Sticks Curly Fries Mixed Veges Dessert Milk</p>
<p>22</p> <p>Hot Ham &amp; Cheese Sandwich Chicken Noodle Soup Pineapple Dessert Milk</p>	<p>23</p> <p>Sloppy Joes Broccoli Casserole Dessert Milk</p>	<p>24</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Green Beans Dessert Milk</p>	<p>25</p> <p>Lasagna Garlic Bread Cantaloupe Dessert Milk</p>	<p>26</p> <p>Pizza Veggies &amp; Dip Fruit Dessert Milk</p>

# Get Heart Smart!

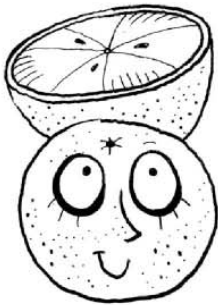
February is National Heart Month. Keep your ticker strong and healthy by eating plenty of fruits, vegetables and whole grains at home and at school. According to the American Heart Association, the best way to show your heart some love — and prevent heart disease — is to eat right and exercise daily.

## 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



Hello, all! I hope everyone is enjoying their "Mr. Jerry" meals! If the main entrée is something that your child would not like, we can substitute a hot dog or grilled cheese. Just let us know! Remember that the \$3.00 lunch includes a drink of your choice: milk or apple juice. The 40-cent charge is for when they bring their own lunch and want to buy milk or apple juice only. Any suggestions? Please let us know!

Miss Patti

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.

Crunch & Munch comics by Missi Jay.

