

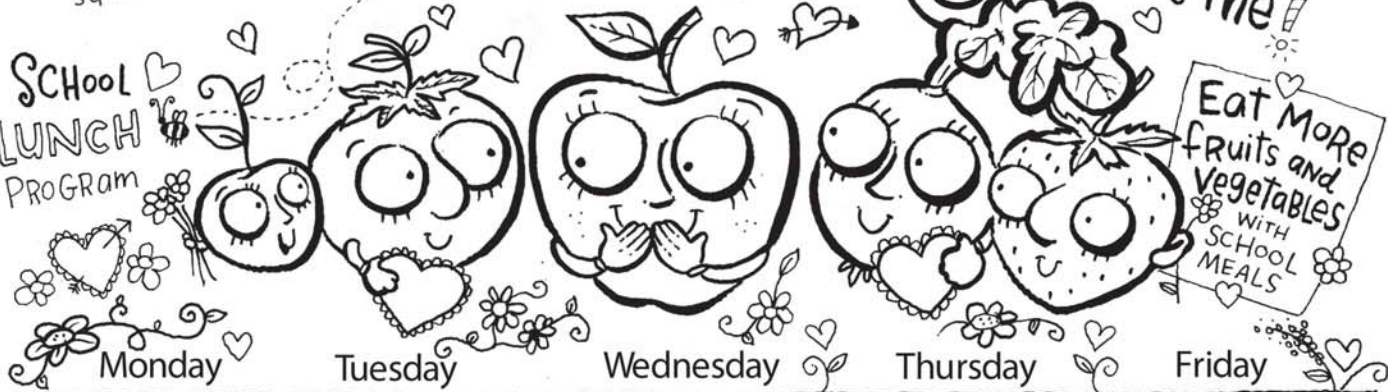


February

Have FUN and color me!

SCHOOL LUNCH PROGRAM

Eat More Fruits and Vegetables WITH SCHOOL MEALS



Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 Chicken Nuggets Or Steak Fingers Mashed Potatoes Glazed Carrots Hot Roll</p> <p>Breakfast.... Pancakes & Sausage Banana</p>	<p>2 Baked Potato w/BBQ Or Chicken Spaghetti Garden Salad Sweet Corn Garlic Toast</p> <p>Breakfast.... Breakfast Croissant Sweet Pears</p>	<p>3 Pizza Or Hot Pocket Green Beans Sweet Pears Brownie</p> <p>Breakfast.... Cinnamon Roll Sausage & Orange</p>	<p>4 Chicken Fajitas Or Enchiladas Refried Beans Lettuce & Tomato Spanish Rice Orange Smiles</p> <p>Breakfast.... Eggs & Hash Brown Pineapple Bites</p>	<p>5 Cheeseburger Or Riblet French Fries L.T.P. Sherbet</p> <p>Breakfast.... Biscuit & Sausage Applesauce</p>
<p>8 Chicken Rings Or Salisbury Steak New Potatoes Peas & Carrots Bread Stick</p> <p>Breakfast.... Pancakes & Sausage Banana</p>	<p>9 Lasagna Or Spaghetti Green Beans Garden Salad Strawberry Cups</p> <p>Breakfast.... Breakfast Croissant Sweet Pears</p>	<p>10 Pizza Or Chili Mac Broccoli w/cheese Cold Peaches Pudding</p> <p>Breakfast.... Cinnamon Roll Sausage & Orange</p>	<p>11 Grilled Cheese Or Ham & Cheese Warm Soup Pickle Spears Sweet Pears Crackers</p> <p>Breakfast.... Eggs & Hash Brown Pineapple Bits</p>	<p>Fantastic Lunch 12 Cheeseburger Or Chicken Sandwich Curly Fries L.T.P. Orange Smiles</p> <p>Breakfast... Biscuit & Sausage Applesauce</p>
<p>15 Chicken Fingers Or Chicken Fried Steak Mashed Potatoes Sweet Peas Bread Stick</p> <p>Breakfast.... Pancakes & Sausage Banana</p>	<p>16 Crisпитos Or Ravioli Cowboy Beans Veggie Cups Cookies</p> <p>Breakfast.... Breakfast Croissant Sweet Pears</p>	<p>17 Pizza Or Chef Salad w/cheese stick & yogurt Green Beans Applesauce</p> <p>Breakfast.... Cinnamon Roll Sausage & Orange</p>	<p>18 Baked Potato w/ham & cheese Or Beef Tips & Rice Sweet Corn Mandarin Oranges Garlic Bread</p> <p>Breakfast.... Eggs & Hash Brown Pineapple Bites</p>	<p>19 Cheeseburger Or Peanut Butter & Jelly Steak Fries L.T.P. Cold Apple</p> <p>Breakfast.... Biscuit & Sausage Applesauce</p>
<p>22 Chicken Poppers Or Steak Nuggets Macaroni & Tomatoes Corn on the Cobb Grapes</p> <p>Breakfast.... Pancakes & Sausage Banana</p>	<p>23 Meatball Sub Or Beef Stew Pickle Spears Peach Cobbler Crackers</p> <p>Breakfast.... Breakfast Croissant Sweet Pears</p>	<p>24 Pizza Or Chicken Pot Pie Green Beans Sweet Pears Cookie</p> <p>Breakfast.... Cinnamon Roll Sausage & Orange</p>	<p>25 Chili Dog Or Frito Pie Ranch Beans Mandarin Orange</p> <p>Breakfast.... Eggs & Hash Brown Pineapple Bits</p>	<p>Fantastic Lunch 26 Cheeseburger Or Fish Burger Tater Tots L.T.P. Breakfast.... Biscuit & Sausage Applesauce</p>

Get Heart Smart!

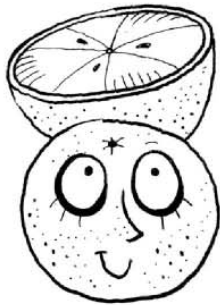
February is National Heart Month. Keep your ticker strong and healthy by eating plenty of fruits, vegetables and whole grains at home and at school. According to the American Heart Association, the best way to show your heart some love — and prevent heart disease — is to eat right and exercise daily.

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



High School Snacks & Extras

If you do not want your child charging snacks, please speak with them.

- Ice Cream.....50 to 1.00
- Cookie.....50
- Water.....1.00
- Tea.....1.25
- Gatorade.....1.25
- Pickle.....50
- Main Dish.....1.25

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.

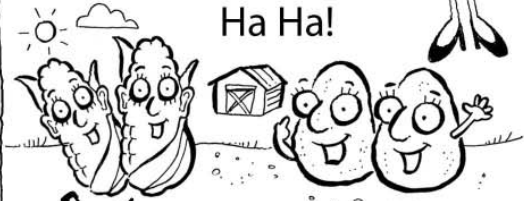
Healthy Foods are friends for Life

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!

