

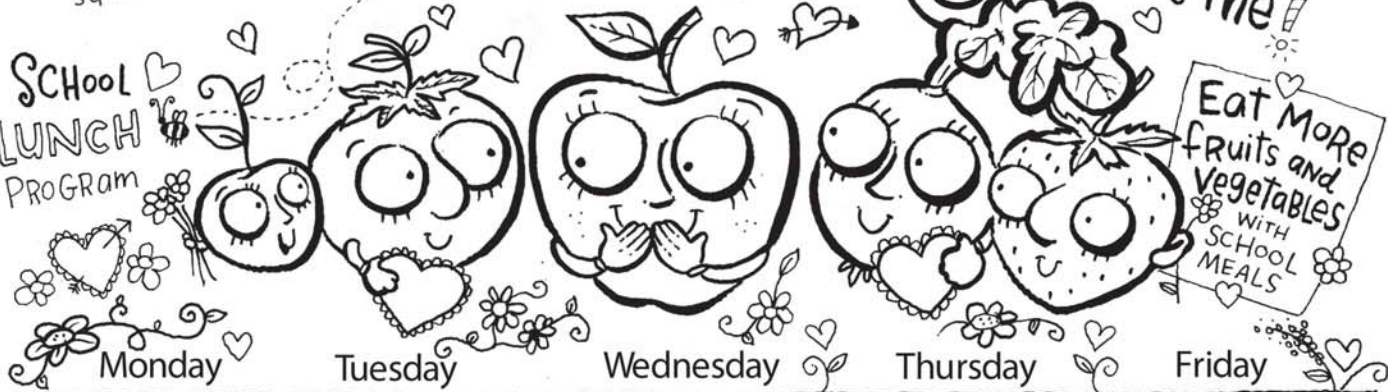


February

Have FUN and color me!

SCHOOL LUNCH PROGRAM

Eat More Fruits and Vegetables WITH SCHOOL MEALS



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Breakfast Pizza Or Assorted Cereal Toast Milk 100 % Fruit Juice</p>	<p>2 Pig -in -Blanket or Assorted Cereal Toast Milk 100% Fruit Juice</p>	<p>3 Egg/Cheese Sausage Pocket or Assorted Cereal Toast Milk 100% Fruit juice</p>	<p>4 Hot Oatmeal & Yogurt or Assorted Cereal Toast Milk 100% Fruit juice</p>	<p>5 Cheese Toast or Assorted Cereal Toast Milk 100% Fruit Juice</p>
<p>8 Pancake on Stick Or Assorted Cereal Toast Milk 100 % Fruit Juice</p>	<p>9 French Toast & Scrambled Egg Or Assorted Cereal Toast Milk 100% Fruit Juice</p>	<p>10 Breakfast Taco Or Assorted Cereal Toast Milk 100% Fruit Juice</p>	<p>11 Biscuit & Gravy w/ Yogurt OR Assorted Cereal Toast Milk 100% Fruit Juice</p>	<p>12 Blueberry Muffin w/ Cheese Stick Or Assorted Cereal Toast Milk 100% Fruit Juice</p>
<p>15 President Day</p>	<p>16 Waffle w/ Turkey Sausage Or Assorted Cereal Toast Milk 100% Fruit Juice</p>	<p>17 Breakfast Taco Or Assorted Cereal Toast Milk 100% Fruit Juice</p>	<p>18 Blueberry Muffin w/ Cheese Stick Or Assorted Cereal Toast Milk 100% Fruit Juice</p>	<p>19 Biscuit & Gravy w/ Yogurt OR Assorted Cereal Toast Milk 100% Fruit Juice</p>
<p>22 Breakfast Pizza Or Assorted Cereal Toast Milk 100 % Fruit Juice</p>	<p>23 Pig -in -Blanket or Assorted Cereal Toast Milk 100% Fruit Juice</p>	<p>24 Egg/Cheese Sausage Pocket or Assorted Cereal Toast Milk 100% Fruit juice</p>	<p>25 Hot Oatmeal & Yogurt or Assorted Cereal Toast Milk 100% Fruit juice</p>	<p>26 Cheese Toast or Assorted Cereal Toast Milk 100% Fruit Juice</p>

Get Heart Smart!

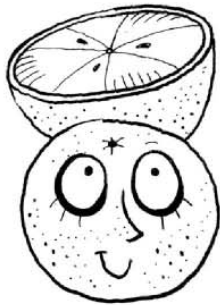
February is National Heart Month. Keep your ticker strong and healthy by eating plenty of fruits, vegetables and whole grains at home and at school. According to the American Heart Association, the best way to show your heart some love — and prevent heart disease — is to eat right and exercise daily.

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. 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

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