



February

Have FUN and color me!

SCHOOL LUNCH PROGRAM

Eat More Fruits and Vegetables WITH SCHOOL MEALS



Monday

Tuesday

Wednesday

Thursday

Friday

1 Chicken Nuggets Yogurt Plate/ Mashed Potatoes Chilled Apricots Wheat Rolls	2 Spaghetti w/ Meat Sauce Chef Salad Plate/ Corn-on-Cob Garlic Bread Apple Crisp	3 Chicken Fajita Taco w /Tossed Salad Yogurt Plate/ Pinto Bean Chilled Peaches	4 Hamburger on Bun w/ Sliced Pickle Chef Salad Plate/ Ranch Beans Fresh Pineapple	5 Chili Dog w/ cheese Yogurt Plate/ Tater Tots Baby Carrots Granny Apple
8 Chicken Nuggets Yogurt Plate/ Mashed Potatoes Tropical Fruit Wheat Rolls	9 Steak Fingers Chef Salad Plate/ Steamed Corn Pineapple Wheat Roll	10 Ham Sandwich w/ Chicken Noodle Soup Yogurt Plate/ Sweet Peas Fresh Oranges Half	11 BBQ Chicken Chef Salad Plate/ Fiesta Rice Pinto Beans Chilled Apricots Wheat Roll	12 Sloppy Joe on Bun Chef Salad Plate/ Blackeye Peas Oatmeal Cookie Chilled Pears
15 PRESIDENT'S DAY OFF	16 Grilled Chicken Sandwich Chef Salad Plate/ Sweet Peas Chilled Apricots	17 Beef Stew Yogurt Plate/ Corn Bread Apple Red	18 Hamburger on Bun w/ Sliced Pickle Chef Salad Plate/ Ranch Beans Chilled Peaches	19 Chicken Nuggets Yogurt Plate/ Corn-on Cob Chilled Pears Wheat Rolls
22 Steak Fingers w/ Creamy Gravy Yogurt Plate/ Mashed Potatoes Mixed Fruit Wheat Rolls	23 Chicken on Bun Chef Salad Plate/ Tator Tots Ranch Beans Orange Halve	24 Oven Fried Chicken Yogurt Plate/ Mexican Corn Fiesta Rice Chilled Peaches Wheat Roll	25 Hamburger on Bun w/ Sliced Pickle Chef Salad Plate/ Cream of Vegetable Soup Granny Apple	26 Corn Dog Yogurt Plate/ Baby Carrots Sugar Cookie SF Chilled Apricots

Get Heart Smart!

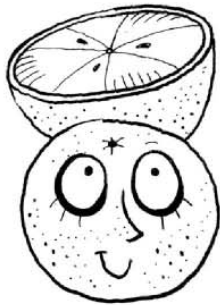
February is National Heart Month. Keep your ticker strong and healthy by eating plenty of fruits, vegetables and whole grains at home and at school. According to the American Heart Association, the best way to show your heart some love — and prevent heart disease — is to eat right and exercise daily.

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.

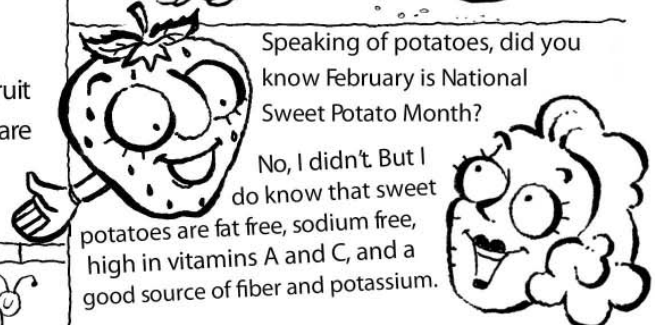
Check Out the CAFETERIA BUZZ



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 comics by Missi Jay.



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.

