

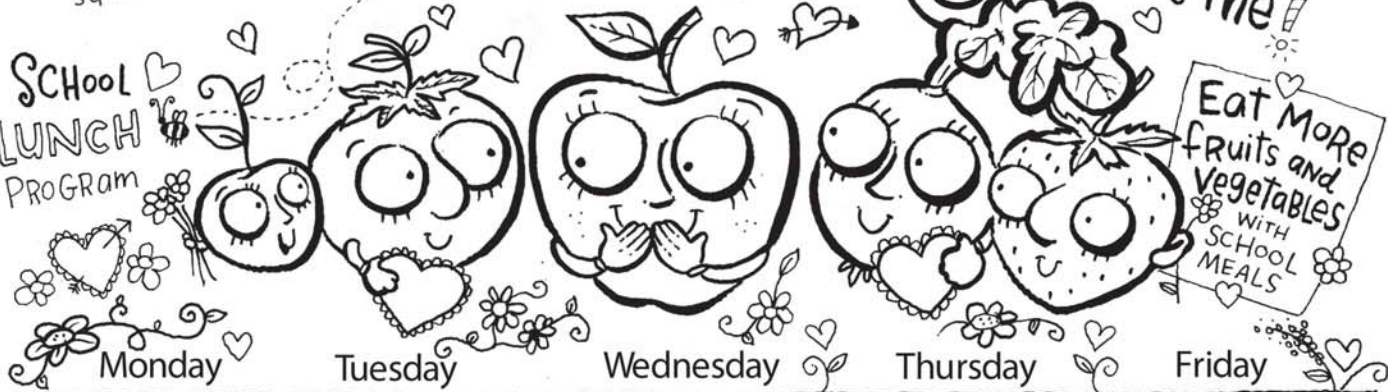


# February

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>Country Fried Steak w/Gravy Baked Potato/ Yogurt Plate/ Mashed Potatoes Mandarin Oranges Wheat Rolls</p>	<p>2</p> <p>Pizza Slice/ Chef Salad Plate/ Chicken Salad Sandwich/ Steamed Broccoli Pineapple</p>	<p>3</p> <p>Chicken Fajita Taco w /Tossed Salad Baked Potato/ Yogurt Plate/ Pinto Bean Chilled Peaches</p>	<p>4</p> <p>Hamburger on Bun w/ Sliced Pickle Chef Salad Plate/ Tuna Salad Plate/ Sweet Peas Apple Crisp</p>	<p>5</p> <p>Chili Dog w/ cheese Baked Potato Plate Yogurt Plate/ Ranch Beans Fresh Oranges</p>
<p>8</p> <p>Chicken Nuggets Bake Potato Plate/ Yogurt Plate/ Mashed Potatoes Steamed Spinach Tropical Fruit Wheat Rolls</p>	<p>9</p> <p>Pizza Slice/ Chef Salad Plate/ Chicken Salad Sandwich/ Green Beans Chilled Apricots</p>	<p>10</p> <p>Spaghetti w/ Meat Sauce/ Baked Potato/ Yogurt Plate/ Corn-on-Cob Chilled Pineapple Cornbread</p>	<p>11</p> <p>BBQ Chicken Chef Salad Plate/ Tuna Salad Plate/ Pinto Beans Peach Crisp Wheat Roll</p>	<p>12</p> <p>Chicken on Bun Baked Potato Plate Yogurt Plate/ Baby Carrots Granny Apple</p>
<p>15</p> <p><b>President Day</b></p>	<p>16</p> <p>Pizza Slice/ Yogurt Plate/ Chicken Salad Sandwich/ Sweet Peas Chilled Apricots</p>	<p>17</p> <p>Beef Macaroni Baked Potato/ Yogurt Plate/ Mixed Vegetable Garlic Bread Chilled Peaches</p>	<p>18</p> <p>Hamburger on Bun w/ Sliced Pickle Chef Salad Plate/ Tuna Salad Plate/ Pinto Beans Fresh Orange</p>	<p>19</p> <p>Chicken &amp; Noodles Baked Potato/ Yogurt Plate/ Mixed Vegetables Sugar Cookies RS Wheat Roll</p>
<p>22</p> <p>Chicken Nuggets Baked Potato/ Yogurt Plate/ Corn-on-Cob Tropical Fruit Wheat Roll</p>	<p>23</p> <p>Pizza Slice/ Chef Salad Plate/ Chicken Salad Sandwich/ Sweet Peas Chilled Apricots</p>	<p>24</p> <p>Sloppy Joe on Bun Baked Potato/ Yogurt Plate/ Pinto Beans Chilled Mandarin Oranges</p>	<p>25</p> <p>Breaded Chicken Patty w/ gravy Chef Salad Plate/ Chicken Salad Sandwich/ Mashed Potatoes Granny Apple</p>	<p>26</p> <p>Macaroni &amp; Cheese Baked Potato/ Yogurt Plate/ Green Beans Cornbread Chilled Pears</p>

# Get Heart Smart!

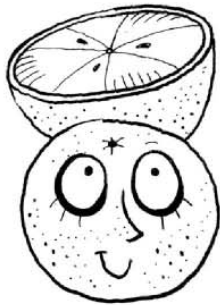
February is National Heart Month. Keep your ticker strong and healthy by eating plenty of fruits, vegetables and whole grains at home and at school. According to the American Heart Association, the best way to show your heart some love — and prevent heart disease — is to eat right and exercise daily.

## 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](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.

**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!