

# February

## 2010 Elementary Breakfast & Lunch Menu

Breakfast includes a choice of cereal, toast, orange juice and milk. Menu is subject to change.

<p><b>1</b></p> <p><b>Pancakes</b></p> <p>Oven Fried Chicken or Chicken Nuggets Mashed Potatoes Cheese Garlic Biscuit Applesauce Milk Choice</p>	<p><b>2</b></p> <p><b>Biscuit &amp; Egg</b></p> <p>Baked Potato with Chili /Cheese or Hamburger Lettuce, Tomato &amp; Pickle Corn Orange Milk Choice</p>	<p><b>3</b></p> <p><b>Breakfast Pizza</b></p> <p>Patty Melt or Hotdog Waffle Fries Lettuce, Tomato, Pickle Diced Pears Milk Choice</p>	<p><b>4</b></p> <p><b>Waffles</b></p> <p>Fettucini Alfredo with Chicken or Pizza Mixed Vegetables Bread Stick Apple Milk Choice</p>	<p><b>5</b></p> <p><b>Cinnamon Raisin Biscuit</b></p> <p>Cheese Enchiladas or Burrito Refried Beans Spanish Rice Fruited Gelatin Milk Choice</p>
<p><b>8</b></p> <p><b>Breakfast Burrito</b></p> <p>Spaghetti and Meatballs Or Pizza Mixed Vegetables Bread Stick Diced Peaches Milk Choice</p>	<p><b>9</b></p> <p><b>Blueberry Bagel &amp; Cream Cheese</b></p> <p>Chicken Fajita Tacos or Bean &amp; Cheese Burrito Spanish Rice Beans A La Charra Apple Milk Choice</p>	<p><b>10</b></p> <p><b>Pancakes</b></p> <p>Grilled Cheese Sandwich or Hotdog Soup Tater Tots Pineapple Tidbits Milk Choice</p>	<p><b>11</b></p> <p><b>Biscuit &amp; Sausage</b></p> <p>Steak Fingers or Chicken Nuggets Mashed Potatoes Wheat Roll Orange Milk Choice</p>	<p><b>12</b></p> <p><b>Egg &amp; Ham Taco</b></p> <p>Bean &amp; Cheese Chalupas or Beef &amp; Bean Burrito Lettuce &amp; Tomato Spanish Rice Valentine's Day Sundae Milk Choice</p>
<p><b>15</b></p> <p><b>French Toast Sticks</b></p> <p>Breaded Chicken on Bun or Hamburger French Fries Lettuce, Tomato, Pickle Pineapple Tidbits Milk Choice</p>	<p><b>16</b></p> <p><b>Morning Sausage Roll</b></p> <p>Crispy Beef Taco or Beef &amp; Bean Burrito Ranch Beans Spanish Rice Apple Milk Choice</p>	<p><b>17</b></p> <p><b>Egg &amp; Hash Brown</b></p> <p>Italian Beef &amp; Rotini or Pizza Mixed Vegetables Bread Stick Diced Peaches Milk Choice</p>	<p><b>18</b></p> <p><b>Pancakes</b></p> <p>Salisbury Steak or Chicken Nuggets Mashed Potatoes Wheat Roll Orange Milk Choice</p>	<p><b>19</b></p> <p><b>Tamales</b></p> <p>Fish Nuggets or Hotdog Macaroni &amp; Cheese Peas &amp; Carrots Gelatin with Fruit Milk Choice</p>
<p><b>22</b></p> <p><b>Pancakes</b></p> <p>Oven Fried Chicken or Chicken Nuggets Mashed Potatoes Cheese Garlic Biscuit Applesauce Milk Choice</p>	<p><b>23</b></p> <p><b>Biscuit &amp; Egg</b></p> <p>Baked Potato with Chili /Cheese or Hamburger Lettuce, Tomato &amp; Pickle Corn Orange Milk Choice</p>	<p><b>24</b></p> <p><b>Breakfast Pizza</b></p> <p>Patty Melt or Hotdog Waffle Fries Lettuce, Tomato, Pickle Diced Pears Milk Choice</p>	<p><b>25</b></p> <p><b>Waffles</b></p> <p>Fettucini Alfredo with Chicken or Pizza Mixed Vegetables Bread Stick Apple Milk Choice</p>	<p><b>26</b></p> <p><b>Cinnamon Raisin Biscuit</b></p> <p>Cheese Enchiladas or Burrito Refried Beans Spanish Rice Fruited Gelatin Milk Choice</p>

# Get Heart Smart!

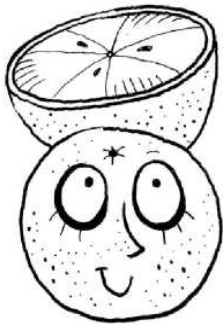
February is National Heart Month. Keep your ticker strong and healthy by eating plenty of fruits, vegetables and whole grains at home and at school. According to the American Heart Association, the best way to show your heart some love — and prevent heart disease — is to eat right and exercise daily.

## 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) 795-5272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



Crunch & Munch comics by Missi Jay.

