

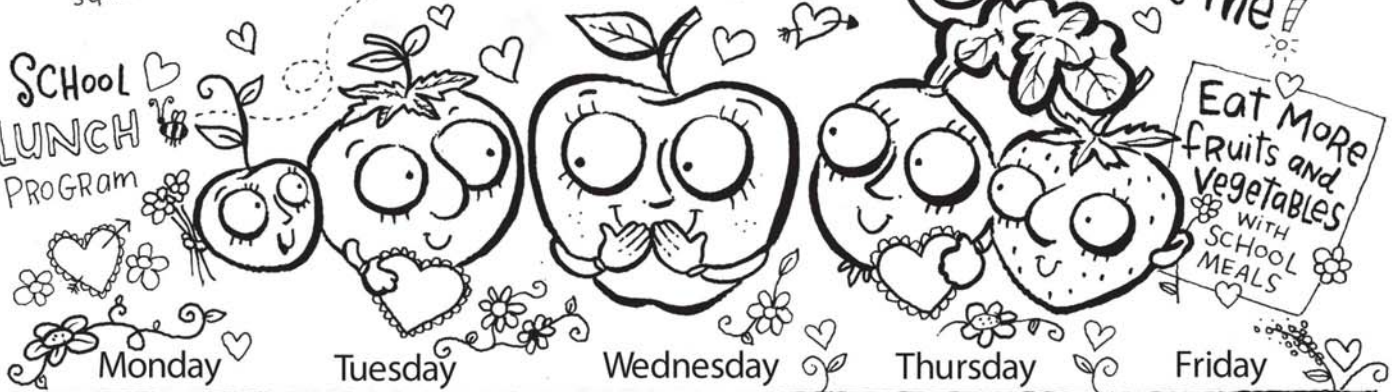


# February

Have FUN and color me!

SCHOOL LUNCH PROGRAM

Eat More Fruits and Vegetables WITH SCHOOL MEALS



Monday

Tuesday

Wednesday

Thursday

Friday

1 Corn Dog Tater Tots Pickles Spears Cake Choice of Milk	2 Tatar Tot Casserole Buttered Corn Peas Choice of Milk	3 Taco Salad Seasoned Beans Salad Apple Sauce Choice of Milk	4 Chicken Tender Black Eye Peas Sweet Potato Casserole Corn Bread Choice of Milk	5 Grill Chicken Patty Sandwich Burger Salad Sliced Pickles Chips Choice of Milk
8 Hot Dog W/Chili & Cheese Tater Tots Pickles Spears Cake Choice of Milk	9 Beef Burrito Beans Spanish Rice Fruit Choice of Milk	10 Chicken Nuggets Rice W/Gravy Peas & Carrots Rolls Choice of Milk	11 Chicken Spaghetti Corn Garlic Bread Jell-o w/fruit Choice of Milk	12 Cheeseburger Burger Salad Sliced Pickles Chips Choice of Milk
15 Frito Pie W/Chili & Cheese Pinto Beans Salad Cookies Choice of Milk	16 Meatballs w/gravy Mash Potatoes Corn Corn Bread Choice of Milk	17 Chicken Enchiladas Spanish Rice Seasoned Beans Choice of Milk	18 Ham & Cheese Sub Sandwiches Burger Salad Slice Pickles Chips Choice of Milk	19 Chicken Patty Sandwich Burger Salad Sliced Pickles Chips Choice of Milk
22 Bar-B-Que Chips Pickles Spears Cake Choice of Milk	23 Pizza Corn Lettuce & Tomato Salad Fresh Fruit Choice of Milk	24 Steak Fingers Fluffy Potatoes/w Gravy Green Beans Rolls Choice of Milk	25 Hamburger Burger Salad Sliced Pickles Chips Apple Sauce Choice of Milk	26 C- Scope Pro. Development

# Get Heart Smart!

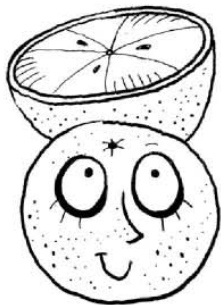
February is National Heart Month. Keep your ticker strong and healthy by eating plenty of fruits, vegetables and whole grains at home and at school. According to the American Heart Association, the best way to show your heart some love — and prevent heart disease — is to eat right and exercise daily.

## 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.

