

Sure Start - 1st Grade Lunch Menu

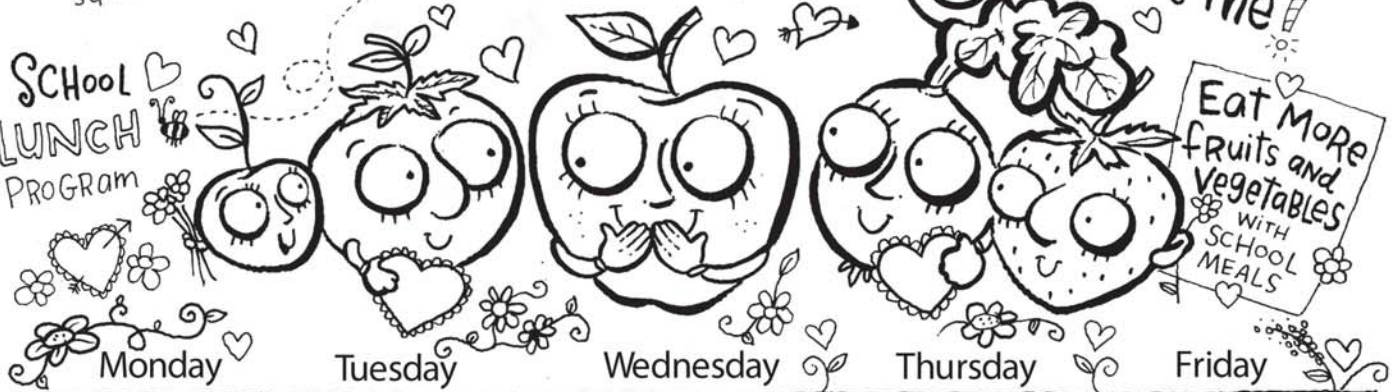


February

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>Baked Chicken Roasted Potato Medley Chilled Pineapples Dinner Roll Milk</p>	<p>2</p> <p>Chicken Fillet on a Whole Grain Bun Tomato & Cucumber Salad Mixed Fruit Cup Milk</p>	<p>3</p> <p>Spaghetti w/ Meat Sauce Garden Salad Fresh Fruit Cup Bread Stick Milk</p>	<p>4</p> <p>BBQ Riblets Steamed Broccoli Banana Dinner Roll Milk</p>	<p>5</p> <p>Baked Lasagna Green Beans Juicy Orange Wedges Garlic Toast Milk</p>
<p>8</p> <p>Hamburger on a Bun Deli Roasters Melon Fruit Cup Elf Grahams Milk</p>	<p>9</p> <p>Teriyaki Chicken Dippers Brown Rice Mediterranean Veggie Blend Chilled Peaches Milk</p>	<p>10</p> <p>Hotdog on a Bun Steamed Carrots Baked Beans Applesauce Milk</p>	<p>11</p> <p>Chicken Sliders Spinach & Tomato Salad Chilled Pears Milk</p>	<p>12</p> <p>Breakfast Panini Montego Bay Veggies Sliced Apples Milk</p>
<p>15</p> <p>President's Day </p>	<p>16</p> <p>Sliced Turkey Roasted Veggies Herb Stuffing w/ Gravy Mixed Fruit Cup Dinner Roll Milk</p>	<p>17</p> <p>Chicken Bites Mashed Potatoes Green Beans Banana & Apple Slices Dinner Roll Milk</p>	<p>18</p> <p>Hearty Pasta Bake Cucumber & Carrots w/ FF Dip Applesauce Dinner Roll Milk</p>	<p>19</p> <p>Chicken Alfredo with Pasta Garden Salad Mandarin Oranges Fruited Jell-O Milk</p>
<p>22</p> <p>Corndog Steamed Broccoli & Cauliflower Melon Fruit Cup Milk</p>	<p>23</p> <p>Turkey Tetrazzini Romaine & Tomato Salad Fresh Sliced Apples Blueberry Muffin Milk</p>	<p>24</p> <p>Mac & Cheese Steamed Carrots Fruit Cocktail Dinner Roll Milk</p>	<p>25</p> <p>Chicken Tenders Sweet Kernel Corn Banana Dinner Roll Milk</p>	<p>26</p> <p>Pepperoni Pizza Carrots & Celery w/ FF Dip Juicy Orange Wedges Milk</p>

Sure Start - 1st Grade Lunch Menu

Get Heart Smart!

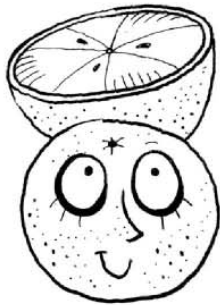
February is National Heart Month. Keep your ticker strong and healthy by eating plenty of fruits, vegetables and whole grains at home and at school. According to the American Heart Association, the best way to show your heart some love — and prevent heart disease — is to eat right and exercise daily.

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



Did you know that HONEY is nature's sweetener!

Honey is made by bees in one of the world's most efficient facilities, the beehive. The 60,000 or so bees in a beehive may collectively travel as much as 55,000 miles and visit more than two million flowers to gather enough nectar to make just a pound of honey!

To learn more about honey checkout

www.honey.com/nhb/about-honey/what-is-honey/

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.



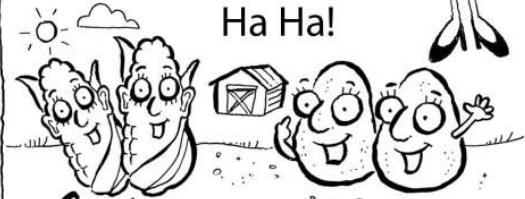
Crunch & Munch comics by Missi Jay.

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!

