

February

Breakfast Lunch

Monday, February 3rd

Banana Muffin	White Beans and Rice
Cheese String	Green Beans, Biscuit
	Cheese Pizza

Tuesday, February 4th

Chicken and Maple Waffles	Frito Pie - Chili, Cheese Sour Cream, Corn, Rice, Biscuit
	Chicken Ranch Sandwich

Wednesday, February 5th

Yogurt w/ Granola	Oven Fried Chicken
	Tator Tots w/ Ketchup
	Broccoli, Biscuit
	Pepperoni Pizza

Thursday, February 6th

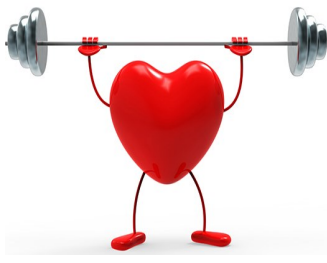
Grits w/ Butter	Turkey Tacos w/ Salsa
Sausage Links	Cheese, Lettuce, Corn, Rice
	Meatball Sub Ciabatta

Friday, February 7th

Cinnamon Rolls w/ Icing	Hot Dog w/ Chili
	French Fries w/ Ketchup
	Turkey & Cheese Ciabatta



American Heart Month



February is known as American Heart Month. Cardiovascular disease affects over 17.5 million Americans. Heart

Month is meant to remind everyone that their health and their hearts come first. The first step is to make healthier choices and to exercise regularly. Try to eat an overall healthy dietary pattern that focuses on:

- 1) A variety of fruit and vegetables
- 2) Whole Grains
- 3) Fat free (skim) and/or low fat (1%) milk
- 4) A variety of fish that contain Omega - 3 fatty acids
- 5) Limited saturated fat, trans - fat, red meat, and sugar and sweets

It's also important to limit your cholesterol and salt intake when emphasizing good heart health. Choose foods with little to no added salt and aim to intake no more than 2,400 milligrams of sodium per day. Starting on the Dash Diet will help with lowering your sodium intake and allowing for greater overall heart health. Lastly, try to exercise for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity each week to maintain good heart health.

This institution is an equal opportunity provider and employer. Menus are subject to change.

Available Daily

All Meals Served With:

Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice
**Cereal & Cheese String Served
Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, February 10th

Egg & Cheese Muffin	Meatball Marinara on Ciabatta, Steamed Corn
	Chicken Ranch Salad

Tuesday, February 11th

Scrambled Eggs	Chicken Tenders, Potato
Biscuit w/ Jelly	Wedges w/ Ketchup
	Carrots w/ Ranch Biscuit
	Turkey & Cheese Panini

Wednesday, February 12th

Blueberry Muffin	BBQ Chicken Thigh
	Mac & Cheese, Baked
	Beans, Green Beans, Biscuit
	Hamburger, Dressing Cup

Thursday, February 13th

Maple Pancake	Spaghetti and Meat Sauce
Chicken Sausage Sandwich	Broccoli, Breadstick
	Honey Mustard Chicken Sandwich

Friday, February 14th

French Toast Sticks	Chicken & Sausage Gumbo
	Rice, Salad w/ Tomatoes
	Wheat Crackers,
	Buffalo Chicken Wrap

► *Available Daily*

All Meals Served With:

Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice
**Cereal & Cheese String Served
Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, February 17th

Yogurt w/ Granola Red Beans and Rice
Carrots w/ Ranch, Cornbread
Cheese Pizza

Tuesday, February 18th

Maple Pancake Hamburger w/ French Fries
Chicken Sandwich Dressing Cup, Broccoli
Chicken Ranch Wrap

Wednesday, February 19th

Banana Muffin Herb Roasted Chicken
w/ Rice and Gravy, Peas
Salad w/ Carrots, Biscuit
Hot Dog w/ Chili & Cheese

Thursday, February 20th

Grits w/ Butter Lasagna, Green Beans
Sausage Links Bread Stick
Pepperoni Pizza

Friday, February 21st

No School

February is National Cherry Month



February is national cherry month. Cherries are a great 100 calorie snack with less than a half gram of fat per serving. They are rich in antioxidants, which help to prevent cancer and heart disease. Cherries contain melatonin, which helps the brain to regulate sleep cycles better. Cherries have an abundance of anthocyanin. These substances help to reduce pain related to inflammation, arthritis, and gout. Cherries are also rich in boron, which helps increase bone health with the help of magnesium and calcium.

Beet Health Benefits



Beets are plentiful in the month of February. You can eat everything on them from their leaves to their roots. Beets have several benefits as well. They are rich in Vitamin C to help with your immune system, and fiber. They are also rich in essential minerals like potassium to help with nerve and muscle function and manganese which helps your bones, liver, kidney, and pancreas stay strong. Beets also contain the B vitamin, Folate, which helps reduce birth defects. There are a variety of ways you can cook beets such as roasting or steaming, which helps to peel beets easily. You can also sauté the leafy stem, which gives the same taste as sautéed spinach. Shredding beets over salad or baking them into chips is also a great way to get the natural benefits of beets.

February 24th - February 28th



Mardi Gras is February 25th

The Carnival season officially begins on the "Twelfth Night." Traditionally a King Cake is served during the



Mardi Gras season. The king cake was brought to New Orleans from France in 1870. A traditional king cake is oval shaped and a cross between a coffee cake and pastry. The top is decorated in three different colored sugars: purple, green, and gold. The purple color signifies "Justice," the green color signifies "Faith," and the gold color signifies "Power." Commonly, a tiny plastic baby is placed inside as a prize. The person that receives the baby is named "King" for a day and thought to host the next party and provide the next King Cake.

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