

# FEBRUARY

## Breakfast Lunch

### Monday, February 1st

Cinnamon Toast Cereal, Cheese String  
Chicken Tenders, Potato Wedges, Carrots w/ Ranch

### Tuesday, February 2nd No School

### Wednesday, February 3rd

Banana Muffin Cheese String  
Turkey Tacos

### Thursday, February 4th

Egg and Cheese Sandwich  
Oven Fried Chicken Tator Tots, Broccoli, Biscuit

### Friday, February 5th

Cinnamon Rolls w/ Icing  
Pepperoni Pizza, Salad w/ Carrots

## 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. Cherries are also rich in boron, which helps increase bone health with the help of magnesium and calcium.



## 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 8th

Cinnamon Toast Cereal, Cheese String  
Hot Dog w/ Chili Fries, Ketchup, Mustard

### Tuesday, February 9th

Egg and Cheese Sandwich  
Red Beans w/ Rice Carrots w/ Ranch, Cornbread

### Wednesday, February 10th

Blueberry Muffin Cheese String  
Frito Pie

### Thursday, February 11th

Maple Pancake Sandwich  
BBQ Chicken Thigh, Mac & Cheese, Baked Beans, Green Beans

### Friday, February 12th

French Toast Sticks  
Meatball Marinara Ciabatta Seasoned Corn



## ▶ 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**

## Tips to Kick Bad Eating Habits to the Curb

We all overindulge every now and then. But with the start of the new year, here are some tips to kick the bad eating habits to the curb.

- 1) **Eat at least 2 hours after you wake up:** This provides your body with added fuel and helps kick start your metabolism. Be sure to include lean protein, whole grains, and fresh or frozen fruits and vegetables.
- 2) **Limit your caffeine:** Taking in too much caffeine can interfere with your work and sleep schedule and cause a big crash later in the day. Limit to 3 cups or less of caffeine filled drinks per day.
- 3) **Add variety to your diet:** Incorporate a rainbow of colors of fruits and vegetables into your daily routine. This will add important vitamins, minerals, and fiber into your diet.
- 4) **Cook at home:** Cooking at home will allow you to be sure that you are eating a balanced meal and the correct portions sizes. Try to plan for your week ahead of time by cooking a batch of food on the weekend and then dividing it up between your lunch and supper meals.

## Mardi Gras is February 16th

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.

## Monday, February 15th - Friday, February 19th

## No School Mardi Gras Break

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## Breakfast Lunch

### Monday, February 22nd

Cinnamon Toast Cereal, Cheese String  
Cheese Pizza Salad w/ Carrots

### Tuesday, February 23rd

Egg and Cheese Sandwich  
Red Beans & Rice Carrots w/ Ranch

### Wednesday, February 24th

Blueberry Muffin  
Cheese String Turkey Tacos

### Thursday, February 25th

Maple Pancake Sandwich  
Gumbo w/ Chicken & Sausage, Rice, Salad w/ Tomatoes, WG Crackers

### Friday, February 26th

French Toast Sticks  
Spaghetti & Meat Sauce Steamed Broccoli, Bread Stick

## 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.

