

February 2012

All menus are subject to change

USDA is an equal opportunity provider and employer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(Middle & High Schools only)</p> <p>EVERYDAY</p> <p>SALAD BAR!!!</p>		<p>1</p> <p>Chicken Parmesan Pasta Green Beans Peach ½ French Bread Milk</p>	<p>2</p> <p>Tomato Soup Grilled Cheese Sandwich Celery/ Peanut Butter Apple 1/2 Milk</p>	<p>3</p> <p>Chicken Fajita Salad Bar Refried Beans Pear ½ Kansas Coffee Cake Milk</p>
<p>6</p> <p>Chicken & Noodles Mashed Potatoes Mixed Vegetables Pear ½ Biscuit Milk</p>	<p>7 ---- No Salad Bar ----</p> <p>Chicken Nuggets Baked Potato Broccoli & Cheese Peach 1/2 Whole Wheat Roll Milk</p>	<p>8</p> <p>Pig in the Blanket Tri Tater Baked Beans Orange 1/2 Milk</p>	<p>9</p> <p>Cheeseburger Shoestring Fries Corn Grapes Milk</p>	<p>10</p> <p>Fiestada Pizza Salad Bar Pineapple Snicker Doodle Milk</p>
<p>13</p> <p>Macaroni & Cheese Little Smokies Peas Kiwi Whole Wheat Roll Milk</p>	<p>14</p> <p>Egg Roll Oriental Vegetables Rice Tropical Fruit Fortune Cookie Milk</p>	<p>15</p> <p>Chicken Strips Potatoes & Gravy Green Beans Orange & Pineapple Whole Wheat Roll Milk</p>	<p>16</p> <p>Hamburger Stew Celery & Peanut Butter Orange 1/2 Bread Sticks Chocolate Pudding Milk</p>	<p>17</p> <p>Quesadilla Salad Bar Refried Beans Peach Crisp Ice Cream Milk</p>
<p>20</p> <p style="text-align: center;">IN-SERVICE</p> <p style="text-align: center;">NO SCHOOL</p>	<p>21</p> <p>Chili & Crackers Cinnamon Roll Fruit Cup Milk</p>	<p>22 --Sack Lunch Day--</p> <p>P.B.J. Uncrustables Carrots Apple ½--G.S. Banana—H.S. Ch. Chip Cookie/Variety Milk</p> <p style="text-align: center; color: blue;">-----No Salad Bar-----</p>	<p>23</p> <p>Grilled Chicken on a Whole Wheat Bun Savory Wedge Potatoes Peas Banana 1/2—G.S. Apple ½-----H.S. Milk</p>	<p>24</p> <p>Bean & Cheese Burrito Salad Bar Applesauce Cornbread Milk</p>
<p>27</p> <p>Cavatini Green Beans Grapes French Bread Milk</p>	<p>28</p> <p>Turkey Fritter Potatoes & Gravy Peas Pineapple Oat Roll Milk</p>	<p>29</p> <p>Chicken Fajita Salad Applesauce Chocolate Chip Muffin Milk</p>		

Any adults eating must report to the office by 9:00 A.M. Thank you

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		1 Long John Cereal Juice Milk	2 Yogurt Muffin Fruit Milk	3 Waffle Sticks Strawberries Milk
6 Oatmeal Muffin Fruit Milk	7 Super Donut Cereal Milk	8 Breakfast Bites Fruit Milk	9 Biscuits and Gravy Juice Milk	10 Egg Biscuit Juice Milk
13 Pancake Ham Patty Juice Milk	14 Breakfast Pizza Juice Milk	15 Breakfast Burrito Fruit Milk	16 Waffle Sticks Fruit Milk	17 Scrambled Eggs Sausage Juice Milk
20 INSERVICE NO SCHOOL	21 Sausage Biscuit Juice Milk	22 Muffin Cereal Juice Milk	23 String Cheese Cereal Fruit Milk	24 Yogurt Cereal Juice Milk
27 Super Bun Cereal Milk	28 French Toast Strawberries Milk	29 Egg & Cheese Biscuit Juice Milk		

Too much sodium can spike blood pressure, a major risk factor for heart disease. Research clearly shows that sticking to 2,300 mg or less daily is beneficial to your heart and cardiovascular system. And if you currently have high blood pressure, going low on the sodium may help you finally toss your high blood pressure meds. When it comes to your weight, extra sodium and make you look and feel bloated, and many high salt foods are often big on calories. So cutting back can be another means to a slimmer waist. A must-go, however, is the salt shaker. Table salt provides 2,325 mg per teaspoon. If you must shake, switch to lite salt, which has a little less than one-half the sodium of regular salt. A better move: switch to healthier herbs and spices to complement your food. Here are some examples:

Beef – bay leaf, onion powder, sage, thyme, nutmeg
Chicken – rosemary, tarragon, ginger, oregano
Fish – dill, dry mustard, paprika, lemon juice
Tomatoes – bay leaf, basil, oregano
Potatoes – dill, garlic, paprika, parsley
Green beans – tarragon, thyme, marjoram