

Get Heart Smart!

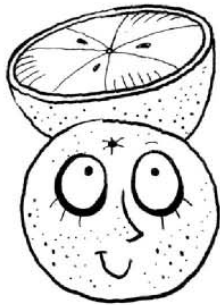
February is National Heart Month. Keep your ticker strong and healthy by eating plenty of fruits, vegetables and whole grains at home and at school. According to the American Heart Association, the best way to show your heart some love — and prevent heart disease — is to eat right and exercise daily.

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.

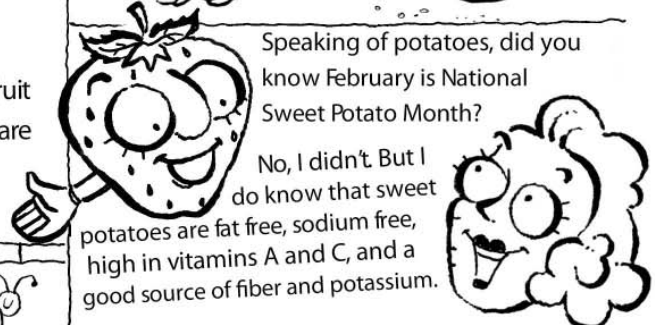
Check Out the CAFETERIA BUZZ



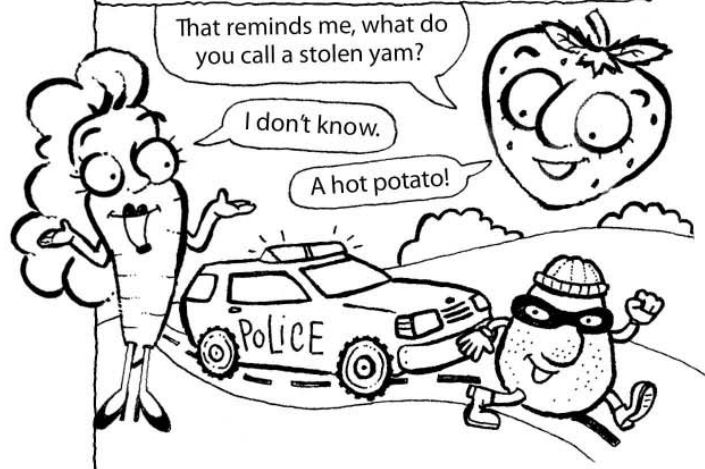
Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service. In accordance 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.



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.



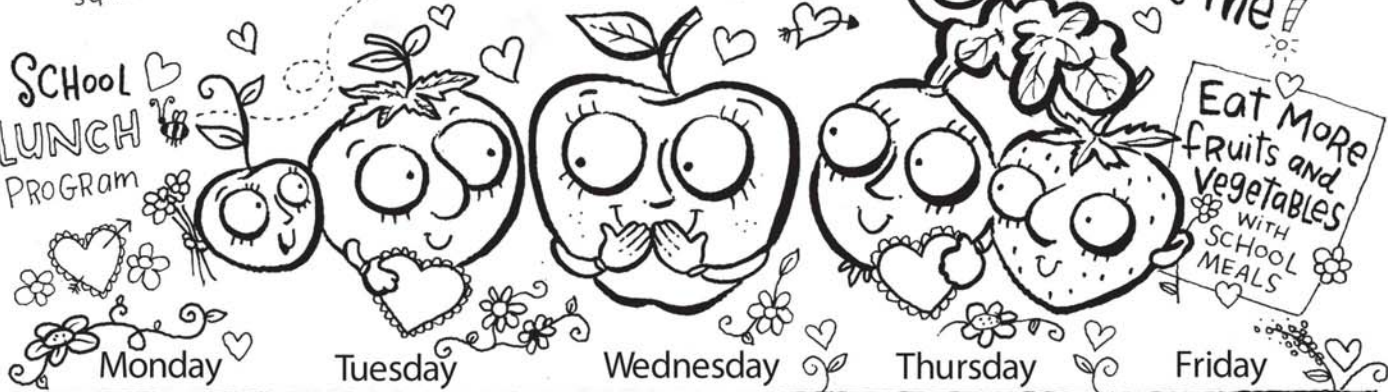


February

Have FUN and color me!

SCHOOL LUNCH PROGRAM

Eat More Fruits and Vegetables WITH SCHOOL MEALS



Monday	Tuesday	Wednesday	Thursday	Friday
1 Plain Bagels Cream Cheese Butter, Jam Cereal Milk Juice	2 Croissant Cereal Milk Juice.	3 Assorted Danish Cereal Milk Juice	4 Honey Buns Cereal Milk Juice	5 Assorted Muffins Cereal Milk Juice.
8 Plain Bagels Cream Cheese Butter, Jam Cereal Milk Juice	9 Croissant Cereal Milk Juice	10 Assorted Danish Cereal Milk Juice	11 Honey Buns Cereal Milk Juice	12 Assorted Muffins Cereal Milk Juice.
15 Plain Bagels Cream Cheese Butter, Jam Cereal Milk Juice	16 Croissant Cereal Milk Juice	17 Assorted Danish Cereal Milk Juice	18 Honey Buns Cereal Milk Juice	19 Assorted Muffins Cereal Milk Juice.
22 Plain Bagels Cream Cheese Butter, Jam Cereal Milk Juice	23 Croissant Cereal Milk Juice	24 Assorted Danish Cereal Milk Juice	25 Honey Buns Cereal Milk Juice	26 Assorted Muffins Cereal Milk Juice.

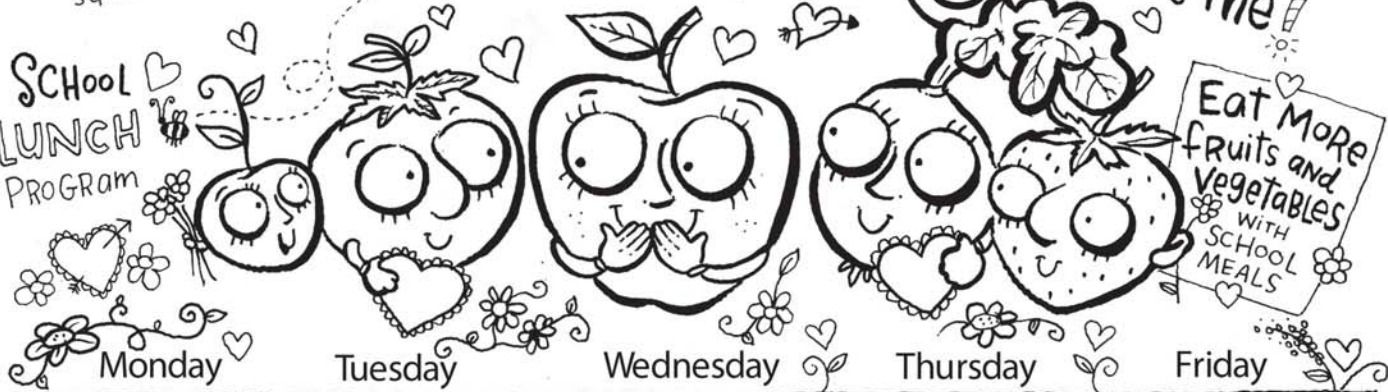


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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Hot Dogs Chips Salad Fruit Milk</p>	<p>2</p> <p>Parmesan Cheese Ravioli Mixed Veggies Fruit Roll Milk</p>	<p>3</p> <p>Chicken fajitas Tortilla Rice Mixed veggies Fruit Milk</p>	<p>4</p> <p>Frito Pie Mixed veggies Salad Fruit Milk</p>	<p>5</p> <p>Pizza Salad Cookies Milk</p>
<p>8</p> <p>Hot Dogs Chips Salad Fruit Milk</p>	<p>9</p> <p>Penne Pasta Marinara Corn, Roll Potato Salad Fruit Milk</p>	<p>10</p> <p>Sloppy Joe's Chips Salad Fruit Milk</p>	<p>11</p> <p>Beef Stew Rice Fall Veggies Roll Fruit Milk</p>	<p>12</p> <p>Pizza Salad Cookies Milk</p>
<p>15</p> <p>Hot Dogs Chips Salad Fruit Milk</p>	<p>16</p> <p>Mac & Cheese Mixed veggies Roll Fruit Milk</p>	<p>17</p> <p>Spaghetti Bolognese Carrots Rolls Fruit Milk</p>	<p>18</p> <p>Fish Sandwich Peas / Carrots Pudding Cup Fruit Milk</p>	<p>19</p> <p>Pizza Salad Cookies Milk</p>
<p>22</p> <p>Hot Dogs Chips Salad Fruit Milk</p>	<p>23</p> <p>Chili Macaroni Mixed Veggies Salad Roll Fruit Milk</p>	<p>24</p> <p>Beef Tacos Rice Corn Cookies Milk</p>	<p>25</p> <p>Baked Chicken Potato Salad Mixed Veggies Fruit Milk</p>	<p>26</p> <p>Pizza Salad Cookies Milk</p>