

OFFERED DAILY WITH THE  
EXCEPTION OF EARLY  
RELEASE:  
PBJ SANDWICH..35

Breakfast Juice Available:  
Orange..14  
Apple..15  
Grape..19  
Orange-Pineapple..14

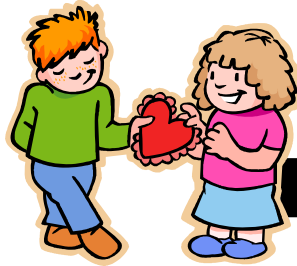
Milk Varieties Available:  
1% Chocolate..25  
1% Plain..12  
1% Strawberry..30  
Skim..12

Applications for Free & Reduced  
Meals are available at your child's  
school. You may apply at any time  
during the school year.



## February

- American Heart Month
- Children's Dental Health Month
- Cherry Month
- Grapefruit Month
- Hot Breakfast Month
- North Carolina Sweet Potato Month
- Potato Lovers' Month
- Almond Day (16th)



# Menus for February 2010

Franklin County Elementary Schools

## 'Food for Thought' Factoids It's American Heart Month

A healthy diet and lifestyle are your best defenses against heart disease. Try these ideas:

- Keep an eye on your portion sizes.
- Pick lean meats, poultry and fish. Trim away any fat and skin. Prepare without added fat, if possible.
- Go for fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Limit foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Select beverages and foods without added sugars.
- Choose and prepare foods with little or no salt.
- If you drink alcohol, drink in moderation (one drink per day for women and two drinks per day for men).
- Be physically active. Go to <http://www.cdc.gov/physicalactivity/index.html> for tips on how to move more!



Monday, February 1	Tuesday, February 2	Wednesday, February 3	Thursday, February 4	Friday, February 5
<p><b>BREAKFAST</b> Kellogg's Poptart..37 Hot Oatmeal..14</p> <p><b>LUNCH</b> Pepperoni Pizza..33 Grilled Chicken Sandwich..21 Savory Corn..16 Black-Eye Peas..22 Tossed Salad..2 w/ Crackers..18 Pineapple Tidbits..14</p>	<p><b>BREAKFAST</b> Pancake Griddle..26</p> <p><b>LUNCH</b> Cheeseburger..21 Chicken Salad..6 w/ Crackers..18 Oven Fries..22 Baked Beans..29 Macaroni Salad..20 Applesauce..11</p>	<p><b>BREAKFAST</b> Blueberry Muffin..32 Hot Grits..17</p> <p><b>LUNCH</b> Corn Dog Nuggets..32 Turkey Tips &amp; Gravy..23 w/ Dinner Roll..14 Rice..9 Glazed Sweet Potatoes..27 Green Peas..13 Sliced Pears..14</p>	<p><b>BREAKFAST</b> Super Cinnamon Roll..40</p> <p><b>LUNCH</b> Spaghetti w/ Meat Sauce..25 w/ Breadstix..19 Grilled Cheese Sandwich..22 Green Beans..5 Glazed Carrots..12 Tossed Salad..2 w/ Crackers..18 Sliced Peaches..31</p>	<p><b>BREAKFAST</b> Assorted Cereal..16 Toast..11 &amp; Jelly..7</p> <p><b>LUNCH</b> Beanie Weenies..36 w/ Dinner Roll..14 Chicken Fillet Sandwich..22 Steamed Broccoli..5 Au Gratin Potatoes..16 Tossed Salad..2 w/ Crackers..18 Mixed Fruit..14</p>

# Fit Foundations

## Almonds—Health in a Handful

Almonds are packed with nutrients. They are rich in vitamin E, magnesium, protein, potassium and fiber.

Almonds a heart healthy choice! They are a great source of healthy fats. In fact, nearly 70 percent of the fat in almonds is monounsaturated. That's the "good" kind of fat that tends to lower "bad" cholesterol and raise "good" cholesterol.

Take advantage of the health benefits of almonds with just a handful each day. Just 1 ounce (1/4 cup), or 23 almonds, may promote good health when you eat smart overall.

Almonds are easy to keep on hand. Almonds can be stored for up to two years if kept under cool and dry conditions. Protect the flavor of almonds by keeping them away from strong odors.

Roast your own almonds. Simply spread almonds out onto an ungreased baking pan. Place the pan in a 350° F oven. Bake for 10 minutes, or until golden brown. Make sure to stir the almonds once or twice during roasting to ensure even browning. Note that the almonds will continue to roast slightly after removing them from the oven. Mmmm...warm, freshly roasted almonds!



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www.ncdhhs.gov • www.nutritionnc.com

Sources: www.almondsarein.com and www.portfolioeatingplan.com

Monday, February 8	Tuesday, February 9	Wednesday, February 10	Thursday, February 11	Friday, February 12
<b>BREAKFAST</b> Super Donut..27 Hot Oatmeal..14  <b>LUNCH</b> Chicken Nuggets..11 w/ Yeast Roll..18 Toasted Ham & Cheese..22 Fluffy Mashed Potatoes..2 Green Peas..13 Tossed Salad..2 w/ Crackers..18 Applesauce..11	<b>BREAKFAST</b> Chicken Biscuit..20  <b>LUNCH</b> Beef-A-Roni..29 w/ Dinner Roll..14 Pork Chop on Bun..36 Lima Beans..17 Sweet Corn..16 Tossed Salad..2 w/ Crackers..18 Satsuma Orange Wedges..12	<b>BREAKFAST</b> French Toast ..40 Hot Grits..17  <b>LUNCH</b> Chicken Fillet Sandwich..22 Carrot Cup..4 Fresh Apple Slices..19  <b>EARLY RELEASE</b>	<b>BREAKFAST</b> Breakfast Pizza..17  <b>LUNCH</b> Hot Dog..22 w/ Chili..10 Fish Sandwich..39 Vegetable Soup..16 w/ Crackers..18 Baked Beans..29 Creamy Cole Slaw..6 Starfruit...	<b>BREAKFAST</b> Cheddar Biscuit..26  <b>LUNCH</b> Chicken Pastry..6 w/ Cornbread..21 Steak Sandwich..40 Baked Sweet Potato..37 Steamed Cabbage..4 Tossed Salad..2 w/ Crackers..18 Kiwi Fruit..9  
Monday, February 15	Tuesday, February 16	Wednesday, February 17	Thursday, February 18	Friday, February 19
<b>BREAKFAST</b> Breakfast Bun..40  <b>LUNCH</b> Cheese Pizza..33 Deli Turkey Sandwich..23 Green Beans..5 Diced Potatoes..12 Tossed Salad..2 w/ Crackers..18 Baked Apples..17  	<b>BREAKFAST</b> Jumbo Donut Ring..39 Hot Grits..17  <b>LUNCH</b> Macaroni & Cheese w/ Ham..20 w/ Dinner Roll..14 Beef Dippers..7 w/ Dinner Roll..14 Seasoned Greens..5 Sweet Corn..16 Applesauce..11	<b>BREAKFAST</b> Sausage Biscuit..15  <b>LUNCH</b> Chicken Fajita..22 Corn Dog..31 Mexican Rice..26 Steamed Broccoli..5 Pinto Beans..18 Tossed Salad..2 w/ Crackers..18 Mixed Fruit..14	<b>BREAKFAST</b> Belgian Waffle..28  <b>LUNCH</b> Trout Treasures..17 w/ Dinner Roll..14 Santa Fe Pasta..21 w/ Dinner Roll..14 Baked Potato..19 Field Peas..22 Tossed Salad..2 w/ Crackers..18 Sliced Pears..14	<b>BREAKFAST</b> Assorted Cereal..16 Toast..11 & Jelly..7  <b>LUNCH</b> Oven Fried Chicken..23 w/ Yeast Roll..18 Ravioli..30 w/ Yeast Roll..18 Au Gratin Potatoes..16 Lima Beans..17 Tossed Salad..2 w/ Crackers..18 Orange Smiles..12
Monday, February 22	Tuesday, February 23	Wednesday, February 24	Thursday, February 25	Friday, February 26
<b>ALL</b>  <b>SCHOOLS</b>  <b>CLOSED</b>  <b>TODAY</b>    <b>TEACHER</b>  <b>WORKDAY</b>	<b>BREAKFAST</b> Kellogg's Poptart..37 Hot Oatmeal..14  <b>LUNCH</b> Chicken Tenders..12 w/ Dinner Roll..14 Salisbury Steak & Gravy..14 w/ Dinner Roll..14 Rice..9 Black-Eye Peas..22 Corn..16 Tossed Salad..2 w/ Crackers..18 Sliced Peaches..31	<b>BREAKFAST</b> Chicken Biscuit..20  <b>LUNCH</b> Gage Lasagna..19 w/ Breadstix..19 Corn Dog Nuggets..32 Green Beans..5 Baby Carrots..4 Tossed Salad..2 w/ Crackers..18 Apple Wedges..6  	<b>BREAKFAST</b> Super Cinnamon Roll..40  <b>LUNCH</b> Turkey Supreme..14 w/ Dinner Roll..14 Grilled Cheese Sandwich..22 Mashed Potatoes..2 Steamed Cabbage..4 Tossed Salad..2 w/ Crackers..18 Pineapple Jello Cup..22	<b>BREAKFAST</b> Blueberry Pancake Stix..25  <b>LUNCH</b> Chicken Tetrazzini..22 w/ Cornbread..21 Steak Sandwich..40 Sweet Potato Souffle..38 Green Peas..13 Tossed Salad..2 w/ Crackers..18 Orange Wedges..12