







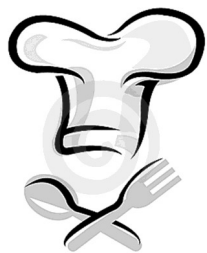


HEALTHY KIDS FIRST

✚ Did you know...
February is *National Heart Month*? To prepare for a long and healthy life, it is important to take care of our hearts at every age. Two of the best ways to keep your heart healthy is by exercising and eating right. The healthiest diets contain breakfast every day of the week. Start your day the right way, by eating a healthy school breakfast.

February 2012 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>National Heart Month</i></p> 		<p>1 Banana Muffin Milk Juice</p>	<p>2 Apple Jacks Milk Juice</p>	<p>3 Blueberry Muffin Milk Juice</p>
<p>6 Frosted Flakes Milk Juice</p>	<p>7 Fruit Loops Milk Juice</p>	<p>8 Apple Muffin Milk Juice</p>	<p>9 Frosted Mini Wheats Milk Juice</p>	<p>10 Banana Muffin Milk Juice</p>
<p>13 Apple Jacks Milk Juice</p>	<p>14 <i>Happy Valentine's Day!</i> Frosted Flakes Milk Juice</p> 	<p>15 Apple Muffin Milk Juice</p>	<p>16 Fruit Loops Milk Juice</p>	<p>17 Blueberry Muffin Milk Juice</p>
<p>20 WINTER BREAK NO SCHOOL</p>  <p>Presidents Day</p>	<p>21 WINTER BREAK NO SCHOOL</p> 	<p>22 WINTER BREAK NO SCHOOL</p>	<p>23 WINTER BREAK NO SCHOOL</p>	<p>24 WINTER BREAK NO SCHOOL</p>
<p>27 Frosted Flakes Milk Juice</p>	<p>28 Frosted Mini Wheats Milk Juice</p>	<p>29 <i>Happy Leap Day!</i> Blueberry Muffin Milk Juice</p> 	<p>About Our Breakfast:</p> <ul style="list-style-type: none"> • All muffins are whole grain • All cereals are whole grain and have reduced sugar levels • All milk is skim or 1% white milk • All juices are 100% juice with no added sugar • * Menu subject to change without notice 	



HEALTHY KIDS FIRST




Did you know...
February is *National Heart Month*? To prepare for a long and healthy life, it is important to take care of our hearts at every age. Two of the best ways to keep your heart healthy is by exercising and eating right. The best diets contain lean meats, low-fat dairy products, plenty of fruits and vegetables, whole grains, and are limited in added salt and sugar. Lucky for you, this is what makes up school lunch every day!

**Salad Bar with
Fresh Veggies
Available Daily**

**Skim and
1% Milk
Offered Daily**



February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>National Heart Month</p> 		<p>1 <i>Entrée:</i> Chicken Pasta Marinara</p> <p><i>Fruit:</i> Sweet Pear</p>	<p>2 <i>Entrée:</i> Hamburger on Whole Grain Bun</p> <p><i>Fruit:</i> Fresh, Juicy Orange</p>	<p>3 <i>Entrée:</i> Crispy Roasted Chicken with Fiesta Beans & Rice</p> <p><i>Fruit:</i> Fuzzy Peach Cup</p>
<p>6 <i>Entrée:</i> Pizza</p> <p><i>Fruit:</i> Crunchy Red Apple</p>	<p>7 <i>Entrée:</i> Turkey Tom Pot Pie</p> <p><i>Fruit:</i> Peachy Peach Cup</p>	<p>8 <i>Entrée:</i> Grilled Chicken with Veggie Rice</p> <p><i>Fruit:</i> Ripe Banana</p>	<p>9 <i>Entrée:</i> Pasta with Meatballs</p> <p><i>Fruit:</i> Sweet Pear</p>	<p>10 <i>Entrée:</i> Fajita Chicken Rice Bowl</p> <p><i>Fruit:</i> Fresh, Juicy Orange</p>
<p>13 <i>Entrée:</i> Crispy Roasted Chicken with Breadstick</p> <p><i>Fruit:</i> Peachy Peach Cup</p>	<p>14 Happy Valentine's Day! <i>Entrée:</i> Cheesy Lover's Lasagna</p> <p><i>Fruit:</i> Crunchy Red-Heart Apple</p> 	<p>15 <i>Entrée:</i> Loco Beef Taco with Salsa</p> <p><i>Fruit:</i> Yellow Banana</p>	<p>16 <i>Entrée:</i> Macaroni and Cheese</p> <p><i>Fruit:</i> Fresh Orange</p>	<p>17 <i>Entrée:</i> Bagel, Sunbutter, and Cheese Stick with Veggie Sticks</p> <p><i>Fruit:</i> Sweet Pear</p>
<p>20 WINTER BREAK NO SCHOOL</p>  <p>Presidents Day</p>	<p>21 WINTER BREAK NO SCHOOL</p> 	<p>22 WINTER BREAK NO SCHOOL</p>	<p>23 WINTER BREAK NO SCHOOL</p>	<p>24 WINTER BREAK NO SCHOOL</p>
<p>27 <i>Entrée:</i> Savory Enchiladas with Yellow Corn</p> <p><i>Fruit:</i> Peachy Peach Cup</p>	<p>28 <i>Entrée:</i> Cheesy Loco Fish Taco with Salsa</p> <p><i>Fruit:</i> Yellow Banana</p>	<p>29 Happy Leap Day! <i>Entrée:</i> Chicken Pasta Marinara</p> <p><i>Fruit:</i> Crunchy Apple</p> 	<p>† Every day the award-winning NH Food Service Department offers students a balanced meal containing skim & 1% milk, salad bar, fruit, meat/meat alternative, and a whole grain item (the grain/meat items are sometimes offered in combination). When selecting their lunches, students may decline up to two of the items offered but are encouraged to take all five.</p>	