



February 2012

Healthy You

Monday	Tuesday	Wednesday	Thursday	Friday
30 th Cheesy Beef Tots Hot Roll Steamed Veggies Choice or Fruit or Sack Lunch	31 st BBQ on Bun or Cheese Burger Baked Beans Shredded Lettuce Sliced Pickles Spice Cake	1 st Chicken Hip Dippers Hot Roll Mashed Potatoes Steamed California Blend Blue Bear Sauce	2 nd Nacho Grande or Cheese Quesadillas with Salsa Refried Beans Spanish Rice Tossed Salad Tropical Pineapple	3 rd Pepperoni or Cheese Pizza Seasoned Veggies Garden Fresh Salad Fresh Fruit or Chef Salads
6 th Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Corn Warm Cinnamon Apples	7 th Steak Fingers or Corn Dogs Hot Rolls Mashed Potatoes Seasoned Veggies Choice of Fruit	8 th Chalupas or Bean & Cheese Taco Lettuce & Tomato Steamed Veggies Spanish Rice Fruit Salad	9 th Hot Pocket Orange Glazed Carrots Garden Fresh Salad Frozen Fruit Treat or Chef Salad	10 th Chicken Wrap or Mini Subs Choice of Chips Lettuce & Tomato Broccoli Salad Dirt
13 th Pepperoni or Cheese Pizza Seasoned Veggies Garden Fresh Salad Fresh Fruit or Chef Salads	Heart Healthy Chicken Fajita Tacos Or Stuffed Baked Potato Fresh Garden Greens Black Bean Salad Baby Carrots with Dip Valentine's Ice Cream Treat	15 th Ham & Noodle Au Gratin Hot Rolls Steamed Veggies Strawberries and Cream Or Sack Lunch	16 th Hot Turkey & Cheese Sandwich or Corn Dog Curly Fries Fresh Veggies Dippers Choice of Fruit	17 th Spaghetti & Meat Sauce with Garlic Bread or Chicken Burger with Lettuce & Pickles Green Beans Sliced Peaches
20 th Nacho Grande or Cheese Quesadillas with Salsa Refried Beans Spanish Rice Tossed Salad Tropical Pineapple	21 st Smothered Steak or Steak Fingers Hot Rolls Mashed Potatoes Seasoned Green Beans Choice of Fruit	22 nd Ravioli Bread Sticks Steamed Carrots Seasoned Corn Fruit Cobbler or Sack Lunch	23 rd BBQ on Bun or Corn Dogs Baked Chips Pickle Slices Ranch Style Beans Fresh Fruit	24 th Chicken Nuggets Hot Roll Seasoned Veggies Baked Fries Blue Wave



Take Heart

Eating 5-20 servings of fruits and vegetables a day will help your heart stay healthy and strong!

What is a serving?

½ cup of cooked vegetables

½ Cup of canned fruit

1 whole carrot or

A handful of baby carrots

1 Cup of Salad

1 glass of juice

A handful of raisins

Breakfast



Monday

Yogurt Parfait with Graham crackers or Poptarts and Cereal

Tuesday

Biscuits & Gravy or Cinnamon Roll

Wednesday

Scrambled Eggs with Ham, Bacon or Sausage and Toast

Thursday

Breakfast Pizza or Pig in a Blanket

Friday

Breakfast on a Bun or Breakfast Taco