

# Monroe Center & Highland School

# February 2012

Monday



Tuesday

Wednesday

Thursday

Friday



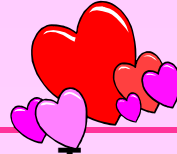
		<p>1 Chicken Noodles Seasoned Peas Fruit Mix Bread &amp; Butter 1 % or Skim Milk</p>	<p>2 Walking Taco Apple Slices Garden Salad 1 % or Skim Milk</p>	<p>3 Early Release No Lunch Served</p>
<p>6 Burger on Bun Baked Fries Chilled Peas 1% or Skim Milk</p>	<p>7 Mr. Rib on Bun Baked Apples Baked Beans 1% or Skim Milk</p>	<p>8 Popcorn Chicken Fruit Mix Green Beans Bread &amp; Butter 1 % or Skim Milk</p>	<p>9 Sub Sandwich Carrot Sticks/Dip Applesauce 1 % or Skim Milk</p>	<p>10 Cheese Pizza Seasoned Corn Peaches &amp; Banana Mix 1 % or Skim Milk</p>
<p>13 French Toast Sticks Sausage Link Tri Potato Orange Wedges 1% or Skim Milk</p>	<p>14 Valentine Nugget Green Beans Chilled Peaches Cookie 1 % or Skim Milk</p>	<p>15 Hot Dog on Bun Spudsters Applesauce 1% or Skim Milk</p>	<p>16 Pasta Pizza Bake Garden Salad Chilled Peas Bread &amp; Butter 1% or Skim Milk</p>	<p>17 Grilled Cheese Tomato Soup Or Fresh Veggie's Apple Crisp 1% or Skim Milk</p>
<p>20 No School</p>	<p>21 Chicken Tenders Steamed Broccoli Chilled Peaches Bread &amp; Butter 1% or Skim Milk</p>	<p>22 Mini Corn Dogs Baked Beans Fresh Apple Slices 1% or Skim Milk</p>	<p>23 Spaghetti Meat Balls Garden Salad Chilled Peas Garlic Bread 1 %or Skim Milk</p>	<p>24 Cheese Pizza Green Beans Fresh Fruit 1% or Skim Milk</p>
<p>27 Burger on Bun Baked Fries Fruit Mix 1% or Skim Milk</p>	<p>28 Fish Nuggets Seasoned Corn Chilled Pineapple Bread &amp; Butter 1% or Skim Milk</p>	<p>29 Nacho Plate Garden Salad Chilled Peaches 1% or Skim Milk</p>		

## Did You Know

February is National Heart Month in the United States, also known as American Heart Month. National Heart Month is a way to promote awareness about keeping your heart strong and a time to encourage healthy eating and living habits. Even the smallest of activities can encourage children and adults to make healthy changes in their lives, and students may even get their family and friends.

**National  
Heart  
Month**

**Snow Days:** Menu item's of that day will be served the following Day, Bumping the menu item on Friday of that week!



# February

Mon	Tue	Wed	Thu	Fri	<p><b><u>Nutrition Facts</u></b></p> <p>A healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts. As you make daily food choices, read nutrition labels and base your eating pattern on these recommendations:</p> <ul style="list-style-type: none"> <li>Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.</li> <li>Select fat-free, 1% fat, and low-fat dairy products.</li> <li>Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.</li> <li>Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.</li> <li>Cut back on beverages and foods with added sugars.</li> <li>Select and purchase foods lower in salt/sodium.</li> <li>Keep an eye on your portion sizes.</li> </ul>
Lasagna Roll W/Garlic Bread or Mr. Rib on Bun Mandarin Oranges Cole Slaw 1% or Skim Milk	Pizza Dippers or Popcorn Chicken Chilled Peaches Carrots Celery Sticks Cookie 1% or Skim Milk	1 Chicken Noodles or Pork Tenderloin on Bun Steamed Peas Fruit Mix Bread & Butter 1% or skim Milk	2 Taco Salad or Chicken Patty on Bun Garden Salad Apple Slices 1% or Skim Milk	Early Release  No Lunch Served	
6 Cheeseburger on Bun or Buffalo Chicken on Bun Baked Fries Chilled Pears 1% or Skim Milk	7 Mr. Rib on Bun or Bosco Stick Baked Apples Baked Beans 1% or Skim Milk	8 Chicken Wrap or Meat Ball Sub Fruit Mix Green Beans 1% or Skim Milk	9 Sub Sandwich or Cheese Quesadilla Carrot Sticks/Dip Applesauce 1% or Skim Milk	10 Cheese Pizza Seasoned Corn or Chef Salad/ Roll Peaches & Banana Mix 1% or Skim Milk	
13 Beef Noodles Bread & Butter or Cheeseburger on Bun Baked Fries Mandarin Oranges 1% or Skim Milk	14 Valentine Nuggets or Popcorn Shrimp/ Cheese Stick Green Beans Chilled Peaches 1% or Skim Milk	15 Hot Dog on Bun or Personal Pizza Spudster Potato Applesauce 1% or Skim Milk	16 Pasta Pizza Bake or BBQ Pork on Bun Garden Salad Chilled Pears 1% or Skim Milk	17 Chicken Patty on Bun or Turkey & Bacon Wrap Apple Crisp Fresh Veggies 1% or Skim Milk	
20  No School	21 Chicken Tenders or Potato Bar Steamed Broccoli Chilled Peaches 1% or Skim Milk	22 Mini Corn Dog or Cheese Quesadilla Baked Beans Fresh Apple Slices 1% or Skim Milk	23 Spaghetti Meat Balls W/ Garlic Bread or Grilled Chicken on Bun Garden Salad Chilled Pears 1% or Skim Milk	24 Cheese Pizza Green Beans or Chef Salad/Roll Fresh Fruit 1% or Skim Milk	
27 Cheeseburger on Bun or Tuna Wrap Baked Fries Chilled Apricots 1% or Skim Milk	28 Fish Plate/Roll or Chicken Patty on Bun Seasoned Corn Chilled Pineapple 1% or Skim Milk	29 Nacho Plate Side Salad or Chef Salad/Roll Chilled Peaches 1% or Skim Milk	 <p>Snow Days: Menu item's of that day will be served the following Day, Bumping the menu item on Friday of that week!</p>		