

**Jenks Public Schools
Child Nutrition Department
Elementary Menu
February 2012**



This institution is an equal opportunity provider and employer.

JPS Food for Thought

Heart Health

*You see hearts everywhere in February, but the most important hearts are the ones we can't see—the ones beating inside all of us. A healthy diet and lifestyle are your best weapons in the fight against heart disease. Heart disease is the No. 1 killer of Americans. Healthy foods are the fuel our bodies use to make new cells and create the energy we need to thrive and fight diseases. **What You Can Do to Eat Better:** *Stock your kitchen with healthy food *Track what you eat *Eat vegetables and fruits *Eat unrefined fiber-rich whole-grain foods *Eat fish at least twice a week *Cut back on saturated and trans fats, cholesterol and added sugars*

Breakfast	
Daily:	COLD CEREAL ** SAUSAGE & BISCUIT YOGURT
Mon:	French Toast Sticks Syrup / Sausage
Tues:	Canadian Ham /Egg Biscuit
Wed:	Pancake n' Sausage on a Stick/Syrup
Thurs:	Breakfast Burrito
Fri:	Breakfast Pizza
*All Meals Above Include Assorted Fruit and Milk	

Lunch	
<u>DAILY</u>	
Sandwich on Whole Wheat Bread	
Chef Salad / Crackers	
*All Meals Above Include Assorted Fruit/Fruit Juice, Vegetables, and Milk	

Wednesday, Feb. 1
1. Chicken Nuggets 2. Frito Chili Pie
Green Beans Spinach Romaine Salad Fresh Baby Carrots/Celery Fresh Orange Rosy Applesauce Milk Whole Grain All Sports Vanilla Grahams

Thursday, Feb. 2
1. Hot Dog 2. BBQ Beef Sandwich
Potato Smiles Spinach Romaine Salad Fresh "Stoplight" Bell Pepper Strips Fresh Apple Milk Orange Sherbet

Friday, Feb. 3
1. Manager's Special 2. Cheesy Garlic Flatbread
Green Peas Spinach Romaine Salad Assorted Fresh Vegetable Relishes Assorted Fruit Milk Rice Krispie Treat

Monday, Feb. 6
1. Pepperoni Pizza 2. Chicken Sandwich
Vegetable Alphabet Soup Spinach Romaine Salad Fresh Baby Carrots Fresh Apple Peaches Milk Snickerdoodle Cookie

Tuesday, Feb. 7
1. Hamburger 2. Mozzarella Cheese Bread Sticks Marinara Sauce
Green Beans Spinach Romaine Salad Fresh Broccoli/Cauliflower Florets Fresh Red Seedless Grapes Pineapple Milk

Wednesday, Feb. 8
1. Chicken Nuggets 2. Beef & Cheese Nachos
Corn Spinach Romaine Salad Fresh Baby Carrots/ Celery Fresh Orange Gelatin Milk Whole Grain Lemon Bear Grahams

Thursday, Feb. 9
1. Hot Dog 2. Breaded Chicken Rings Wheat Roll
Whipped Potatoes/ w/Cream Gravy Spinach Romaine Salad Fresh "Stoplight" Bell Pepper Strips Fresh Kiwi Applesauce Milk Low Fat Chocolate Ice Cream Cup

Friday, Feb. 10
1. Manager's Special 2. Bacon & Cheese Scrambled Eggs Whole Grain Pancake
Hash Brown Potatoes Spinach Romaine Salad Assorted Fresh Vegetable Relishes Assorted Fruit Milk

Monday, Feb. 13
1. Pepperoni Pizza 2. Burrito
Corn Spinach Romaine Salad Fresh Baby Carrots Fresh Apple Pears Milk Wacky Cake

Tuesday, Feb. 14
1. Hamburger 2. Popcorn Chicken
Green Beans Spinach Romaine Salad Fresh Broccoli/Cauliflower Florets Fresh Orange Applesauce Milk Valentine Cookie

FRUIT

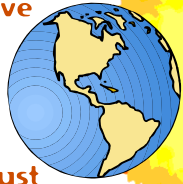
Olives

Olives and the oil that is made from them are the basis of the healthy Mediterranean-style diet. Olives are a great source of iron and fiber, and although they are high in fat, it's the "good" kind of fat that helps lower cholesterol.

OF THE MONTH

365.2422

That's how many days it takes the earth to orbit the sun ... and that's why we have leap year. We add a day to the month of February every four years to make up for the .2422 days that just won't fit in our regular year!



LEAP YEAR 2012



No School Today

Tuesday, Feb. 21

- Hamburger
- Corn Dog (Turkey)

Baked Beans
Spinach Romaine Salad
Fresh Baby Carrots
Fresh Apple
Pears
Milk
Chocolate Chip Cookie

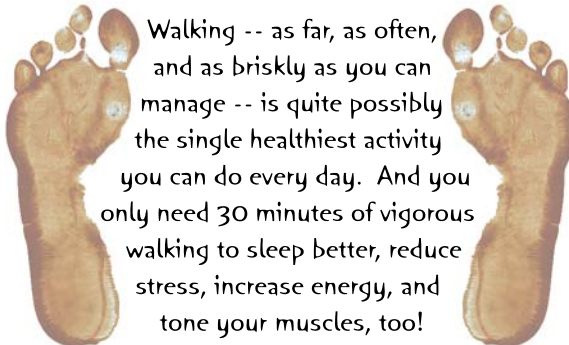
A HERO OF THE REVOLUTION

James Armistead was a Revolutionary War patriot and spy. He slipped behind enemy lines and obtained information about British troops in Virginia that helped the American side win the war at the Battle of Yorktown. He later added the last name "Lafayette" as a tribute to French General Lafayette who fought with George Washington and the Americans during the war.

AFRICAN AMERICAN HISTORY MONTH

Learn more at blackpast.org or do a search for James Armistead Lafayette

MAKE SOME TRACKS.



Walking -- as far, as often, and as briskly as you can manage -- is quite possibly the single healthiest activity you can do every day. And you only need 30 minutes of vigorous walking to sleep better, reduce stress, increase energy, and tone your muscles, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Wednesday, Feb. 15

- Chicken Nuggets
- Steak Fingers
Wheat Roll

Whipped Potatoes w/Cream Gravy
Spinach Romaine Salad
Fresh Baby Carrots/Celery
Fresh Red Seedless Grapes
Peaches
Milk

Thursday, Feb. 16

- Hot Dog
- Teriyaki Chicken Strips
Fried Rice

Peas & Carrots
Spinach Romaine Salad
Cucumber Coins
Fresh Orange
Sliced Strawberries
Milk

Friday, Feb. 17

- Manager's Special
- Macaroni & Cheese
Cinnamon Roll

Mixed Vegetables
Spinach Romaine Salad
Assorted Fresh Vegetable Relishes
Assorted Fruit
Milk

Word of the Month

car·ing

adj. 1. feeling and showing concern and empathy for others
2. having or displaying warmth or affection 3. concerned; devoted; tender

Wednesday, Feb. 22

- Chicken Nuggets
- Frito Chili Pie

Green Beans
Spinach Romaine Salad
Cucumber Coins
Fresh Orange
Rosy Applesauce
Milk
Cowboy Bread

Thursday, Feb. 23

- Hot Dog
- BBQ Beef Sandwich

Potato Smiles
Spinach Romaine Salad
Broccoli Florets/Baby Carrots
Fresh Apple
Milk
Raspberry Sherbet

Friday, Feb. 24

- Manager's Special
- Cheesy Garlic Flatbread

Green Peas
Spinach Romaine Salad
Assorted Fresh Vegetable Relishes
Assorted Fruit
Milk
Rice Krispie Treat

Monday, Feb. 27

- Pepperoni Pizza
- Chicken Sandwich

Vegetable Alphabet Soup
Spinach Romaine Salad
Fresh Baby Carrots
Fresh Apple
Peaches
Milk
Snickerdoodle Cookie

Tuesday, Feb. 28

- Hamburger
- Mozzarella Cheese Bread Sticks
Marinara Sauce

Green Beans
Spinach Romaine Salad
Cucumber Coins
Fresh Red Seedless Grapes
Pineapple
Milk

Wednesday, Feb. 29

- Chicken Nuggets
- Beef & Cheese Nachos

Corn
Spinach Romaine Salad
Broccoli Florets
Fresh Orange
Gelatin
Milk
Whole Grain Lemon Bear Grahams

HAPPY VALENTINE'S DAY!