



# Elementary Lunch Menus for February 2010

## Students Succeed with School Meals: The Healthy Low-cost Choice

School meals are the healthy choice because they meet the Dietary Guidelines for Americans. Students are served foods that are nutrient dense, whole grain, and low in fat. They are the low-cost choice because the Child Nutrition Programs receive USDA-reimbursement for a portion of the cost of meals, receive and use commodity foods, and do not make a profit.

School Meals are Healthy! Did you know that:

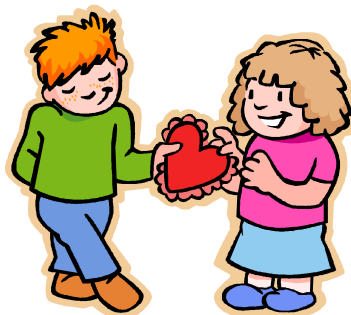
- Our homemade yeast rolls are whole grain
- Our salad dressings & sour cream are reduced fat
- All milk products are 1% fat or fat free; All flavored milks are reduced sugar and fat free.
- We are offering more whole grains, such as pizza crust, sandwich bread & buns, brown rice, spaghetti noodles, flour tortillas and breakfast cereals
- Fresh fruit available as side choice at all meals.
- A la Carte choices emphasize healthy selections such as reduced fat or baked chips, reduced fat cookies & baked crackers, lowfat ice cream, 100% fruit juice products

You can support Macon County school meals by:

- Promoting school meals as the healthy, low-cost choice.
- Eating school meals with your children.
- Being a role model for children by eating smart and moving more.
- Educating children on how to eat smart and move more.

### Also Available Daily

- Peanut Butter and Jelly Sandwich On Whole Wheat Bread
- Munchables— A “ready-to-go”, kid friendly lunch made up of lowfat yogurt, and or cheese, 100% fruit juice, side fruit or veggie and crackers.



### Lunch Meal Price **\$2.00**

- Includes Entrée with Roll, Milk and Choice of Up to Two Sides.
- Choice of Milk: 1% Low Fat, Skim, Fat Free Reduced Sugar Chocolate, Strawberry or Vanilla.  
(Fresh fruit available daily as side choice)

You Can View Nutrition Information On Our Web Site:  
[www.macon.k12.nc.us/Departments/nutrition](http://www.macon.k12.nc.us/Departments/nutrition)

Monday, February 1	Tuesday, February 2	Wednesday, February 3	Thursday, February 4	Friday, February 5
Toasted Cheese Tomato Soup Baked Potato Blueberry Crisp	Roasted Pork w/ Gravy Lima Beans Mashed Potatoes & Gravy Spiced Apples Whole Grain Roll	Chick Fillet Steamed Broccoli w/ Cheese Sauce Potato Wedges Fresh Grapes	Baked Ziti Green Beans Garden Salad w/ Lite Ranch Applesauce Garlic Toast	Chicken Nuggets Crinkle Cut Fries California Blend Apricot Halves Whole Grain Roll

## '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 8

Corndog  
Tater Tots  
Mixed Vegetables  
Blueberry Crunch

Tuesday, February 9

Spaghetti &  
Meatsauce  
Steamed Broccoli  
Garden Salad  
w/ Lite Ranch  
Sliced Peaches  
Whole Grain Roll

Wednesday, February 10

Pig-n-Blanket  
Mashed Potatoes  
& Gravy  
Glazed Carrots  
Applesauce

Thursday, February 11

Oven Fried Chicken  
Green Beans  
Potato Wedges  
NC Apple Slices  
Cornbread

Friday, February 12



Lincoln's Birthday

Cheese or  
Pepperoni Pizza  
Fresh Veggies  
w/ Lite Ranch  
Peas & Carrots  
Sliced Pears  
Valentine Surprise!

Monday, February 15



Macaroni & Cheese  
Collard Greens  
Pinto Beans  
Mixed Fruit  
Cornbread

Tuesday, February 16

Chicken Fajita  
Whole Kernel Corn  
Lettuce & Tomatoes  
Apricot Cobbler

Wednesday, February 17

Lasagna  
Green Beans  
Garden Salad  
w/ Lite Ranch  
Mandarin Oranges  
Garlic Toast

Thursday, February 18

Baked Chicken  
Mashed Potatoes  
w/ Gravy  
Steamed Broccoli  
Juice Up  
Whole Grain Roll

Friday, February 19

Pizza Sticks  
w/ Marinara Sauce  
Baked NC Sweet  
Potato Wedges  
Blackeye Pea  
Munchies  
Tropical Apples

Monday, February 22



Washington's  
Birthday

Hot Dog w/ Chili  
Tater Tots  
California Blend  
Cinnamon  
Applesauce

Tuesday, February 23

BBQ Chicken  
Mashed Potatoes  
Baked Beans  
Sliced Peaches  
Whole Grain Roll

Wednesday, February 24

Fish Treasures  
Au Gratin Potatoes  
Green Beans  
Fruited Gelatin  
Whole Grain Roll

Thursday, February 25

Cheeseburger or  
Hamburger  
Crinkle Cut Fries  
Broccoli Salad  
Blueberry Crisp

Friday, February 26

Cheese or  
Pepperoni Pizza  
Whole Kernel Corn  
Garden Salad  
w/ Lite Ranch  
NC Apple Slices

