



# FHS 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:

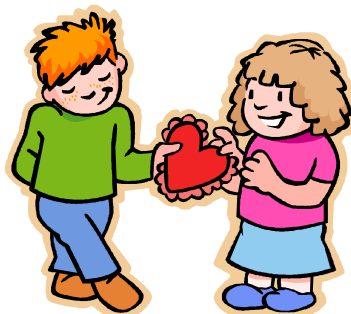
- Our homemade yeast rolls are whole grain
- Our salad dressings & sour cream are reduced fat
- All milk products are 1% fat or fat free; All flavored milks are reduced sugar and fat free.
- We are offering more whole grains, such as pizza crust, sandwich bread & buns, brown rice, spaghetti noodles, 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
- Salad Bar
- Potato Bar
- Grab & Go– Either Chef Salad, or Sandwich Plates Ready To Go!
- Munchables– A “ready-to-go” lunch made up of low fat yogurt, and or cheese, 100% fruit juice, side fruit or veggie and crackers.



### Lunch Meal Price **\$2.25**

- Includes Entrée with Roll, Milk and Choice of Up to Two Sides.
- Peanut Butter and Jelly on Whole Wheat Bread is Available Daily.
- 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 Or Hot Dog w/ Chili Tomato Soup Tri Taters Blueberry Crisp	Roasted Pork w/ Gravy Or Oven Fried Chicken Lima Beans Mashed Potatoes & Gravy Spiced Apples Whole Grain Roll	* Chick Fillet Or Hamburger Steamed Broccoli w/ Cheese Sauce Potato Wedges Fresh Grapes	Baked Ziti Or * Fish Nuggets Green Beans Garden Salad w/ Lite Ranch Tater Tots Applesauce Garlic Toast	Chicken Nuggets Or * Bosco Sticks w/ Marinara Sauce Crinkle Cut Fries California Blend Apricot Halves Whole Grain Roll

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## '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!



<p><b>Monday, February 8</b></p> <p>* Chick Fillet Or Corndog Tater Tots Mixed Vegetables Blueberry Crunch</p>	<p><b>Tuesday, February 9</b></p> <p>Spaghetti &amp; Meatsauce Or Chicken Nuggets Steamed Broccoli Garden Salad w/ Lite Ranch Crinkle Cut Fries Sliced Peaches Whole Grain Roll</p>	<p><b>Wednesday, February 10</b></p> <p>Pig-n-Blanket Or * Bosco Sticks w/ Marinara Sauce Mashed Potatoes w/ Gravy Glazed Carrots Applesauce</p>	<p><b>Thursday, February 11</b></p> <p>Oven Fried Chicken Or Beef Nachos Green Beans Potato Wedges NC Apple Slices Cornbread</p>	<p><b>Friday, February 12</b></p> <p> Lincoln's Birthday</p> <p>* Cheese or Pepperoni Pizza Or BBQ Riblet Fresh Veggies w/ Lite Ranch Peas &amp; Carrots Tater Tots Sliced Pears Valentine Surprise</p>
<p><b>Monday, February 15</b></p> <p> President's Day</p> <p>Macaroni &amp; Cheese Or Turkey &amp; Cheese On Bun Collard Greens Pinto Beans Potato Wedges Mixed Fruit Cornbread</p>	<p><b>Tuesday, February 16</b></p> <p>Chicken Fajita Or Toasted Cheese Whole Kernel Corn Lettuce &amp; Tomatoes Crinkle Cut Fries Apricot Cobbler</p>	<p><b>Wednesday, February 17</b></p> <p>Lasagna Or BBQ on Bun Green Beans Garden Salad w/ Lite Ranch Tater Tots Mandarin Oranges Garlic Toast</p>	<p><b>Thursday, February 18</b></p> <p>Baked Chicken Or Hot Dog Mashed Potatoes &amp; Gravy Steamed Broccoli Juice Up Whole Grain Roll</p>	<p><b>Friday, February 19</b></p> <p>* Bosco Sticks w/ Marinara Sauce Or Fish Sandwich W/ Cheese Baked Sweet Potato Wedges Blackeyed Pea Munchies Tropical Apples</p>
<p><b>Monday, February 22</b></p> <p> Washington's Birthday</p> <p>Hot Dog w/ Chili Or * Chick Fillet Tater Tots California Blend Cinnamon Applesauce</p>	<p><b>Tuesday, February 23</b></p> <p>BBQ Chicken Or Beef Nachos Mashed Potatoes w/ Gravy Baked Beans Sliced Peaches Whole Grain Roll</p>	<p><b>Wednesday, February 24</b></p> <p>* Fish Nuggets Or Corndog Au Gratin Potatoes Green Beans Fruited Gelatin Whole Grain Roll</p>	<p><b>Thursday, February 25</b></p> <p>Cheeseburger Or Hamburger Crinkle Cut Fries Broccoli Salad Blueberry Crisp</p>	<p><b>Friday, February 26</b></p> <p>* Cheese or Pepperoni Pizza Or BBQ on Bun Whole Kernel Corn Garden Salad w/ Lite Ranch Potato Wedges NC Apple Slices</p>