



# Secondary Breakfast Menus for February 2010

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

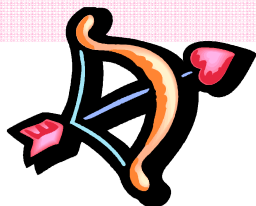
School meals are the healthy choice because they meet the Dietary Guidelines for Americans. Students are served foods that are nutrient dense, whole grain, and low in fat. They are the low-cost choice because the Child Nutrition Programs receive USDA-reimbursement for a portion of the cost of meals, 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:

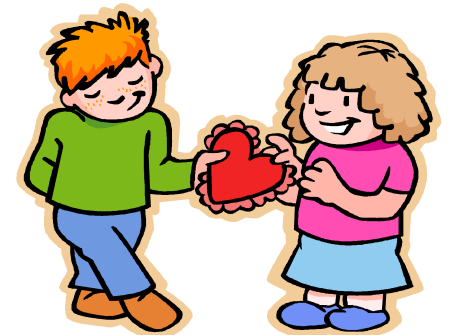
- Promoting school meals as the healthy, low-cost choice.
- Eating school meals with your children.
- Being a role model for children by eating smart and moving more.
- Educating children on how to eat smart and move more.



### Breakfast Meal Price

**\$1.00**

- Includes choice of Entrée, Milk, Fresh Fruit and/or 100% Fruit Juice.
- Whole Wheat Toast and Lowfat Yogurt are Available Daily.
- Cold Cereal is Available Monday, Wednesday and Friday; Hot Oatmeal is Available Tuesday and Thursday
- Choice of Milk: 1% Low Fat, Skim, Fat Free Reduced Sugar Chocolate, Strawberry or Vanilla






Monday, February 1	Tuesday, February 2	Wednesday, February 3	Thursday, February 4	Friday, February 5
Breakfast Sausage Pizza Or Chicken Biscuit Milk Fresh Fruit 100% Fruit Juice	Sausage Biscuit Or Bagel w/ Cream Cheese Milk Fresh Fruit 100% Fruit Juice	Scrambled Eggs & Tri Tater w/ Texas Toast Or Ham Biscuit Milk Fresh Fruit 100% Fruit Juice	French Toast Sticks w/ Syrup Or Chicken Biscuit Milk Fresh Fruit 100% Fruit Juice	Piggletstick w/ Syrup Or Biscuit & Sausage Gravy Milk Fresh Fruit 100% Fruit Juice

## '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>Pancakes w/ Blueberry Syrup Or Chicken Biscuit Milk Fresh Fruit 100% Fruit Juice</p>	<p><b>Tuesday, February 9</b></p> <p>Sausage Biscuit Or Bagel w/ Cream Cheese Milk Fresh Fruit 100% Fruit Juice</p>	<p><b>Wednesday, February 10</b></p> <p>Scrambled Eggs &amp; Tri Tater w/ Blueberry Muffin Or Ham Biscuit Milk Fresh Fruit 100% Fruit Juice</p>	<p><b>Thursday, February 11</b></p> <p>Breakfast Sausage Pizza Or Chicken Biscuit Milk Fresh Fruit 100% Fruit Juice</p>	<p><b>Friday, February 12</b></p> <p> Lincoln's Birthday</p> <p>Biscuit &amp; Sausage Gravy Or Egg &amp; Cheese Biscuit Milk Fresh Fruit 100% Fruit Juice</p>
<p><b>Monday, February 15</b></p> <p> President's Day</p> <p>Sausage Biscuit Or French Toast Sticks w/ Syrup Milk Fresh Fruit 100% Fruit Juice</p>	<p><b>Tuesday, February 16</b></p> <p>Cinnamon Roll Or Chicken Biscuit Milk Fresh Fruit 100% Fruit Juice</p>	<p><b>Wednesday, February 17</b></p> <p>Scrambled Eggs &amp; Tri Tater w/ Blueberry Muffin Or Ham Biscuit Milk Fresh Fruit 100% Fruit Juice</p>	<p><b>Thursday, February 18</b></p> <p>Piggletstick w/ Syrup Or Chicken Biscuit Milk Fresh Fruit 100% Fruit Juice</p>	<p><b>Friday, February 19</b></p> <p>Bagel w/ Cream Cheese Or Biscuit &amp; Sausage Gravy Milk Fresh Fruit 100% Fruit Juice</p>
<p><b>Monday, February 22</b></p> <p> Washington's Birthday</p> <p>Breakfast Sausage Pizza Or Chicken Biscuit Milk Fresh Fruit 100% Fruit Juice</p>	<p><b>Tuesday, February 23</b></p> <p>French Toast Sticks w/ Syrup Or Sausage Biscuit Milk Fresh Fruit 100% Fruit Juice</p>	<p><b>Wednesday, February 24</b></p> <p>Cinnamon Roll Or Ham Biscuit Milk Fresh Fruit 100% Fruit Juice</p>	<p><b>Thursday, February 25</b></p> <p>Sausage Biscuit Or Bagel w/ Cream Cheese Milk Fresh Fruit 100% Fruit Juice</p>	<p><b>Friday, February 26</b></p> <p>Biscuit &amp; Sausage Gravy Or Pancakes w/ Blueberry Syrup Milk Fresh Fruit 100% Fruit Juice</p>

