

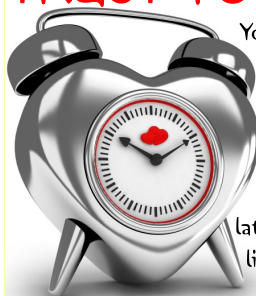
# Menus for February 2014



## William Marvin Bass School Elementary Menu



### TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

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

### PORTRAITS OF SPECTACULAR Athletes

Elana Meyers was a softball all-star in college, hitting a game-winning grand slam in her final home game at George Washington University. She switched to bobsledding after graduation and won a bronze medal at the 2010 Olympics in Vancouver. She hopes to compete for gold this year in Sochi.



**Winter Olympics February 7-23 Sochi, Russia**

**ELANA MEYERS**

#### Monday, February 3

##### Breakfast

Whole Grain Turkey Bkf. Square; Fruit of Choice

##### Lunch

Meatballs w/cheese/ WG Bun or Turkey Combo Meat & Cheese/WG Bun Fresh Baked Potato Fresh Veggies w/ dip

#### Tuesday, February 4

##### Breakfast

Cereal; Grahams

##### Lunch

Oven Roasted Chicken Or Sliced Turkey w/gravy Mashed Potatoes Fresh Fzn Green Peas Assorted Fruit Choices Fresh Baked Wheat Roll

#### Wednesday, February 5

##### Breakfast

Flapstick; Fresh Fruit

##### Lunch

Cheesy Pizza Sticks w/ Marinara Sauce or PBJ Uncrustable Garden Salad with Cherry Tomatoes Hot Vegetable of Choice; Fresh Apple Slices

#### Thursday, February 6

##### Breakfast

Sausage Biscuit; Applesauce

##### Lunch

Turkey Taco/Sft. Shell w/cheese/lettuce/tomato Or Ham & Cheese Wrap Fresh Fzn. Golden Corn Southwest Baked Beans Assorted Fruit Choices

#### Friday, February 7

##### Breakfast

Yogurt; Grahams

##### Lunch

Chicken Tetrizzini or Crisp Fish Sticks Broccoli w/ cheese Fruit/Veggie Juice Bakery Dinner Roll Choc Chip Cookie

#### Monday, February 10

##### Breakfast

Colby Cheese & Egg Omelet on Bakery Roll

##### Lunch

Hot Dog w/wo Chili on WG Bun or Turkey & Cheese/ WG hot dog Bun Oven Baked French Fries Crisp Cole Slaw Assorted Fruit Choices

#### Tuesday, February 11

##### Breakfast

Cereal; Grahams

##### Lunch

Chicken Vegetable Soup with "Goldfish" Toasted Cheese Sandwich Yogurt Fruit Salad with Chopped Fresh Apples Fresh Baked Cookie

#### Wednesday, February 12

##### Breakfast

Banana-Strawberry French Toast; Assorted Fresh Fruit

##### Lunch

Assorted Pizza Wedges or Comp Turkey Sub Garden Salad with Cherry Tomatoes Pinto Beans w/ cheese Assorted Fruit Choices

#### Thursday, February 13

##### Breakfast

Turkey Bacon Cheese Toaster

##### Valentine's Day Lunch

Heart Shaped Chicken Nuggets or Sliced Ham Mashed Sweet Potatoes Seasoned Green Beans Fresh Baked Wheat Roll "Sweetheart" Cherry Ice Cup



#### Friday, February 14

##### Breakfast

Cereal; Grahams

##### Early Dismissal Lunch

PBJ Uncrustable or Turkey & Cheese/WG Bun Fresh Baby Carrots Raisins Cookie

**ENJOY YOUR AFTERNOON!**



Swans are one of the few animals that will mate for life.

Be sure to eat School Lunch on Thursday, February 13th and enjoy our Valentine Menu!

*It's a student favorite - Happy Valentine's Day!*





# Spice of Life

Do you like spicy food? If not, maybe you should learn! Hot peppers contain a substance called “capsaicin” that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories after you’re done eating!




Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



**Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.**



Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
<b>Interession—Feb. 17—21, 2014</b>				
<p><b>Breakfast</b> Whole Grain Turkey Bkf. Square; Fruit of Choice</p> <p><b>Lunch</b> Chicken Fillet/ WG Bun Potato Wedges Assorted Fruit Choices</p>	<p><b>Breakfast</b> Cereal; Grahams Fresh Banana</p> <p><b>Lunch</b> Sliced Turkey &amp; Gravy Mashed Potatoes Assorted Fruit Choices Bakery Wheat Roll</p>	<p><b>Breakfast</b> Sl. Turkey &amp; Cheese Roll</p> <p><b>Lunch</b> Cheesy Pizza Sticks w/ Marinara Sauce or Garden Salad with Cherry Tomatoes Assorted Fruit Choices</p>	<p><b>Breakfast</b> Sausage Biscuit; Fruit of Choice</p> <p><b>Lunch</b> Crispy Fish Sticks Turnip Greens Assorted Fruit Choices Bakery Wheat Roll Elf Graham Cookies</p>	<p><b>Breakfast</b> Yogurt; Grahams</p> <p><b>Lunch</b> Turkey &amp; Cheese On WG Bun BBQ Beans Assorted Fruit Choices</p>

Monday, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
<b>Interession—Feb. 24—28, 2014</b>				
<p><b>Breakfast</b> Whole Grain Turkey Bkf. Square; Fruit of Choice</p> <p><b>Lunch</b> Hot Dog w/wo Chili on WG Bun Oven Baked French Fries Assorted Fruit Choices</p>	<p><b>Breakfast</b> Cereal; Grahams</p> <p><b>February Birthday Lunch</b> Chef's Recipe—"Jerk Chicken" w/ Brown Rice Glazed Carrots Bakery Dinner Roll</p> <p>"Happy Birthday" </p>	<p><b>Breakfast</b> Flapstick; Fresh Fruit</p> <p><b>Lunch</b> Assorted Pizza Wedges Garden Salad with Cherry Tomatoes Assorted Fruit Choices</p>	<p><b>Breakfast</b> School Buffet Choices</p> <p><b>Lunch</b> Turkey Taco/Sft. Shell w/cheese/lettuce/tomato Fresh Fzn. Golden Corn Southwest Baked Beans Assorted Fruit Choices</p>	<p><b>Breakfast</b> Cereal; Grahams</p> <p><b>Lunch</b> PBJ Uncrustable Or Turkey &amp; Cheese/ Bun Broccoli w/cheese Assorted Fruit Choices</p>

Choice of milk served with all complete meals:  
Skim & 1% white and fat free flavored milk

100% Fruit Juice or Fruit is served with every Breakfast. Cereal is available every day upon request.

"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.




Menus are subject to change without notice

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# Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.

-  Wash your hands frequently.
-  Cover up when you sneeze or cough.
-  If you do get sick, stay home.