



# February 2012

## Orange County Elementary Schools



### Celebrate American Heart Month

February is American Heart Month, a time dedicated to raising awareness of the leading cause of death in the U.S. — cardiovascular disease.

One in three adults has some form of heart/ cardiovascular disease. Many of these deaths and risk factors are preventable and food choices have a big impact on your heart's health, even if you have other risk factors.

This February, celebrate American Heart Month by learning more about a heart-healthy diet that includes foods:

- **Low in saturated and trans fats.** Saturated fats are found in some meats, dairy products, baked goods and deep-fried and processed foods. Trans fats are found in some fried and processed foods. Both types of fat raise your LDL or "bad" cholesterol level.
- **High in omega-3 fatty acids.** Foods high in omega-3s include fish and olive oil.
- **High in fiber,** whole grains, fruits and vegetables. A diet rich in these foods helps lower LDL cholesterol and provides nutrients that may help protect against heart disease.
- **Low in salt.** A low-salt diet can help manage blood pressure and help reduce the risk of heart disease and stroke.

Also, be sure to take part in at least thirty minutes of physical activity every day.



Provided by the ADA website

## February

- CAFE Week
- Black History Month
- Valentine's Day
- Sweet Potato Month



Monday, February 6	Tuesday, February 7	Wednesday, February 8	Thursday, February 9	Friday, February 10
Sausage Biscuit 100% Fruit Juice or Fruit Choice	Ham, Grits and Toast 100% Fruit Juice or Fresh Fruit	Cherry Turnover or Steak Biscuit 100% Fruit Juice or Fruit Choice	Chicken Sausage Biscuit 100% Fruit Juice or Fruit Choice	Ham Biscuit 100% Fruit Juice or Fruit Choice
Scrambler Meal	Turkey Tetrazzini Sweet Potatoes Garden Salad Mixed Fruit Wheat Roll	Early Dismissal	Black History Month Meal	Turkey Pot Pie or Entrée Choice Winter Blend Veggie Choice Pears 100% Apple Juice Wheat Roll
Nachos Refried Beans Garden Salad Sweet Potato Fries Applesauce		Deli Ham and Cheese Baby Carrots Raisins Milk	Roasted Chicken or Managers Choice Steamed Rice Blackeye Peas Seasoned Collard Greens Mixed Fruit Wheat Roll	
Cheez It's Scramblers		Goldfish Crackers National Cherry Month		



**Wednesday, February 1**

Cereal Bar or Ham Biscuit  
100% Fruit Juice or Fruit Choice

Corndog  
Potato Tots  
Pinto Beans  
Green Peas  
Mixed Fruit

**Thursday, February 2**

Chicken Biscuit  
100% Fruit Juice or Fresh Fruit

Beefaroni or Turkey Sub  
California Blend  
Garden Salad  
Breadstick  
Orange

**Friday, February 3**

Pancake on a Stick  
100% Fruit Juice or Fresh Fruit

Super Bowl XLVI Meal

Hot Dog w/Chili and Toppings  
Baked Beans  
Coleslaw  
Fruit Cup

Scooby Do Crackers

**Breakfast and Lunch**  
1% Milk (Unflavored) and Skim Milk (Unflavored & Chocolate)

**Breakfast Menu**  
Variety of cereal and toast and grits/oatmeal are offered daily. Fresh Fruit will be offered daily. Additional items may be offered at breakfast.

**Lunch Menu**  
Students may select one main dish and/or sides and/or bread and/or milk. Additional Entrees MAY be offered daily. Chef salads are offered daily.

Free and Reduced Applications are Available.  
Menu can change according to availability.





**C.A.F.É. WEEK**  
Colors Assorted for Foods  
Everyday  
February 13– February 17, 2012

**Monday– Green**  
**Tuesday– Red**  
**Wednesday– Yellow/White**  
**Thursday– Purple**  
**Friday– Orange**



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Sources: www.schoolnutrition.org, www.myrecipes.com

<p><b>Monday, February 13</b></p> <p>Breakfast Pizza 100% Apple Juice or Fruit Choice</p> <p>Chicken Nuggets Baked Fries Spinach Green Apple Lima Beans Wheat Roll</p>	<p><b>Tuesday, February 14</b></p> <p>Bagel w/ Cream Cheese or Eggs w/Toast 100% Fruit Juice or Fresh Fruit</p> <p>Happy Valentine's Day New Orleans Chicken Steamed Rice Green Peas Red Apple Fruited Jello Wheat Roll</p> 	<p><b>Wednesday, February 15</b></p> <p>Sausage Biscuit 100% Fruit Juice or Fruit Choice</p> <p>Fish Portion Deli Roasters California Blend Banana Chilled Pears Corn Muffin</p>	<p><b>Thursday, February 16</b></p> <p>Chicken Biscuit 100% Fruit Juice or Fresh Fruit</p> <p>BBQ Rib Sandwich Parsley Potatoes Turnip Greens Grapes Mixed Fruit</p>	<p><b>Friday, February 17</b></p> <p>Grits, Ham and English Muffin 100% Fruit Juice or Fruit Choice</p> <p>Deli Turkey Wrap or Manager's Choice Glazed Carrots Sweet Potato Fries Garden Salad Orange</p>
<p><b>Monday, February 20</b></p> <p>Mini Loaf 100% Fruit Juice or Fruit Choice</p> <p>Pizza Garden Salad Vegetable Choice Fruit Cup</p>	<p><b>Tuesday, February 21</b></p> <p>Eggs, Grits and Toast 100% Fruit Juice or Fruit Choice</p> <p>Hamburger Scrambler</p> <p>Hamburger Baked Fries Lettuce/Pickle Spinach Applesauce</p> <p>Cheez its Scrabbles</p>	<p><b>Wednesday, February 22</b></p> <p>Steak Biscuit 100% Fruit Juice or Fresh Fruit</p> <p>Hot Ham and Cheese Mixed Vegetables Corn Garden Salad Baked Apples Fresh Fruit</p>	<p><b>Thursday, February 23</b></p> <p>Chicken Biscuit 100% Fruit Juice or Fruit Choice</p> <p>Pasta w/ Meatsauce or Manager's Choice Broccoli Garden Salad Peaches Breadstick</p>	<p><b>Friday, February 24</b></p> <p>Sausage Biscuit 100% Fruit Juice or Fresh Fruit</p> <p>Turkey and Gravy w/Rice or Deli Sub Winter Blend Vegetables Orange Wedges Fruit Cobbler Wheat Roll</p>
<p><b>Monday, February 27</b></p> <p>Breakfast Round or Eggs w/Toast 100% Fruit Juice or Fruit Choice</p> <p>Sloppy Joe or Manager's Choice Chicken Salad w/ Crackers Baked Fries California Blend Peaches</p>	<p><b>Tuesday, February 28</b></p> <p>Pancake on a Stick 100% Fruit Juice or Fresh Fruit</p> <p>Grilled Cheese Sandwich or Orange County Sub Soup of the Day Seasoned Turnip Greens Baby Carrots Fruited Jello</p>	<p><b>Wednesday, February 29</b></p> <p>Manager's Biscuit Choice 100% Fruit Juice or Fresh Fruit</p> <p>Pizza Garden Salad Vegetable Choice Pinto Beans Fruit Cup Manager's Fruit Choice</p>	<p><b>Special! Special!</b> Deli Subs Offered Daily.</p>  <p><b>Now Available!</b> Sugar Free Jelly and Syrup available upon request.</p> 