

SUPER BOWL
MENUS FOR FEBRUARY 2010
Johnson City
This institution is an equal opportunity provider and employer.

SWEET DEAL.

The added sugar in soda delivers calories without nutrition -- and without satisfying your hunger. The natural sugar in fruit satisfies your



sweet tooth with fewer calories, while providing fiber, nutrients, and vitamins, too!

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



Monday, Feb. 1

Breakfast
 Yogurt
 Assorted Cereal
 Juice, Milk

Lunch—Choice of 1
 Taco Salad, Beans/Rice
OR Deli Turkey Sub/works
Choose 2 from:
 Corn, Tossed Salad,
 Assorted Fruit, Juice
Served with All Meals:
 Milk

Educare Snack:
 Mini Corn Dogs, Juice

Tuesday, Feb. 2

Breakfast
 Cheese Toast
 Assorted Cereal
 Juice, Milk

Lunch—Choice of 1
 Turkey Pot Pie **OR**
 Yogurt, Cheese Roll
Choose 2 from:
 Fruited Jello, Tossed
 Salad, Assorted Fruit, Juice
Served with All Meals:
 Milk

Educare Snack:
 Apple Wedges, Cheese, Juice

Wed., Feb. 3

Breakfast
 Cinnamon Biscuit
 Assorted Cereal
 Juice, Milk

Lunch—Choice of 1
 Hamburger, works, Bun
OR Toasted Cheese
Choose 2 from:
 Potato Rounds, Tossed
 Salad, Assorted Fruit, Juice
Served with All Meals:
 Milk

Educare Snack:
 Cereal Treat, Milk

Thursday, Feb. 4

Breakfast
 French Toast, syrup
 Assorted Cereal
 Juice, Milk

Lunch—Choice of 1
 Pork Roast, Gravy, Roll
OR Chili/Crackers
Choose 2 from:
 Whole Potatoes, Tossed
 Salad, Assorted Fruit, Juice
Served with All Meals:
 Milk

Educare Snack:
 Chicken Biscuit, Juice

Friday, Feb. 5

Breakfast
 Muffin
 Assorted Cereal
 Juice, Milk

Super Bowl Lunch
 Hot Dog, trimmings
 Frito Lay Chips
Choose 2 from:
 Slaw, Tossed Salad,
 Assorted Fruit, Juice
Served with All Meals:
 Milk, Cookie

Educare Snack:
 Cereal, Milk

Monday, Feb. 8

Breakfast
 Cinnamon Toast
 Assorted Cereal
 Juice, Milk

Lunch—Choice of 1
 Grilled Chicken Patty, Bun
OR Beef/Cheese Fajita
Choose 2 from:
 Corn Coblette, Tossed
 Salad, Assorted Fruit, Juice
Served with All Meals:
 Milk

Educare Snack:
 L'il Turkey Sub, Juice

Tuesday, Feb. 9

Breakfast
 Egg/Cheese Muffin
 Assorted Cereal
 Juice, Milk

Lunch—Choice of 1
 Breaded Chicken, Roll
OR Chili/Crackers
Choose 2 from:
 Green Beans, Tossed Salad,
 Assorted Fruit, Juice
Served with All Meals:
 Milk

Educare Snack:
 Mini-Burger, Juice

Wed., Feb. 10

Breakfast
 Cereal Bar
 Assorted Cereal
 Juice, Milk

Lunch—Choice of 1
 Pork BBQ, Bun, Slaw
OR Toasted Cheese
Choose 2 from:
 Potato Rounds, Tossed
 Salad, Assorted Fruit, Juice
Served with All Meals:
 Milk

Educare Snack:
 Cereal, Milk

Thursday, Feb. 11

Breakfast
 Steak Biscuit
 Assorted Cereal
 Juice, Milk

Lunch
 Turkey Noodle Soup,
 Cheese Breadstick
 Frito Lay Chips
Choose 2 from:
 Fruited Jello, Tossed Salad,
 Assorted Fruit, Juice
Served with All Meals:
 Milk

Educare Snack:
 Cheese, Crackers, Juice

Friday, Feb. 12

Breakfast
 Yogurt
 Assorted Cereal
 Juice, Milk

Chinese New Year Lunch
 Beef Teriyaki, Rice,
 Egg Roll
Choose 2 from:
 Broccoli, Tossed Salad,
 Assorted Fruit, Juice
Served with All Meals:
 Milk, Fortune Cookie

Educare Snack:
 Small Pizza, Juice

The Nutrition Sleuth

Taking a closer look at the foods we eat . . .
 Eat fresh vegetables as soon as possible after they're purchased. Some veggies, like spinach and green beans, lose up to 75% of their vitamin C within a week of being harvested, even when kept in the refrigerator, and you don't know how many days they spent in transit and in the store.



Calorie analysis of this typical School Lunch Combo:
 Crispy Oven-Fried Chicken
 Seasoned Green Beans
 Whole Wheat Roll w/Butter
 Fresh Pear
 Lowfat Chocolate Milk

Total calories: 719
Calories from protein: 21%
Cal. from carbohydrates: 50%
Calories from fat: 29%
Goal: 30% or less fat calories

February 14 is International Kiss-a-Frog Day!

(Um . . . I mean Valentine's Day)