



UISD ELEMENTARY SCHOOL MENU

FEBRUARY 2012

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
				1	Whole Grain Eggo Minis Maple Pancakes 100% Orange Juice Low-Fat Milk *Syrup <hr/> Corn Dog Chili 'n' Beans Oven-Baked Crinkle Cut Fries Fresh Orange Low-Fat Milk *Mustard/Ketchup	2	Pillsbury Cherry Frudel 100% Orange Juice Low-Fat Milk <hr/> Spicy BBQ Grilled Chicken Burger Whole Kernel Corn Chilled Sliced Pears Low-Fat Milk *Pickles	3	Breakfast Sandwich 100% Orange Juice Low-Fat Milk *Jelly <hr/> Nardone's Pepperoni Pizza Peas & Carrots Chilled Pineapple Tidbits Low-Fat Milk	
6	Blueberry Muffin 100% Orange Juice Low-Fat Milk <hr/> Country Fried Steak Fluffy Mashed Potatoes Chilled Fruit Cocktail Low-Fat Milk *Gravy	7	Turkey Sausage Pizza Bagel 100% Apple Juice Low-Fat Milk <hr/> Italian Spaghetti w/Meatsauce Broccoli Normandy Chilled Pineapple Tidbits Low-Fat Milk	8	Cinnamon Glazed French Toast 100% Orange Juice Low-Fat Milk *Syrup <hr/> Cheeseburger on a Whole Grain Bun Oven-Baked Tator Tots Fresh Green Apple Low-Fat Milk *Mustard/Ketchup/Pickles	9	Whole Grain SUN Morning MIX-UP Fresh Banana Low-Fat Milk <hr/> Baked Chicken Nuggets w/Warm Bread Whole Kernel Corn Chilled Sliced Peaches Low-Fat Milk *BBQ Sauce/Ketchup	10	Breakfast Bar w/Toast 100% Apple Juice Low-Fat Milk *Jelly <hr/> Oven-Roasted Chicken Sopa de Fideo Pinto Beans Chilled Fruit Cocktail Low-Fat Milk *Spicy Salsa	
13	BeneFIT Oatmeal Raisin Bar 100% Orange Juice Low-Fat Milk <hr/> Baked Salisbury Steak w/Warm Bread Fluffy Mashed Potatoes Chilled Sliced Peaches Low-Fat Milk *Gravy	14	 Stuffed Biscuit w/Turkey Sausage, Egg & Cheese 100% Apple Juice Low-Fat Milk <hr/> Crispy Beef Tacos Pinto Beans Chilled Sliced Pears Low-Fat Milk *Spicy Salsa	15	Smucker's Whole Grain Cinnamon Waffles 100% Orange Juice Low-Fat Milk *Syrup <hr/> Jumbo Chicken & Veggie Egg Roll Asian White Rice Broccoli Chilled Pineapple Tidbits Low-Fat Milk *Soy Sauce	16	Berry Apple Crisp Bar Fresh Banana Low-Fat Milk <hr/> Nardone's Pepperoni Pizza Peas & Carrots Chilled Sliced Peaches Low-Fat Milk	17	HOLIDAY	
20	Professional Development <u>NO SCHOOL TODAY</u>	21	Hot Pockets Cheese Pizza 100% Apple Juice Low-Fat Milk <hr/> Lasagna w/Warm Italian Bread Green Beans Chilled Sliced Pears Low-Fat Milk	22	Strawberry Pop Tarts 100% Orange Juice Low-Fat Milk <hr/> Mega Noodle Soup w/ Grilled Ham & Cheese Sandwich Gold fish Mix-Up Adventures Crunchy Pickle Spears Fresh Red Apple Low-Fat Milk	23	Cocoa Krispies Cereal Fresh Banana Low-Fat Milk <hr/> Breaded Steak Fingers Fluffy Mashed Potatoes Chilled Fruit Cocktail Low-Fat Milk *Gravy	24	Whole Grain Turkey Sausage Pancake Wrap 100% Apple Juice Low-Fat Milk *Syrup <hr/> Chicken Burger on Wheat Bun Oven-Baked Crinkle Cut Fries Chilled Pineapple Tidbits Low-Fat Milk *Mustard/Mayonnaise/Ketchup/Pickles	
27	Whole Grain Apple Cinnamon Texas Toast 100% Orange Juice Low-Fat Milk <hr/> Mega Cheese Ravioli Broccoli Normandy Chilled Fruit Cocktail Low-Fat Milk	28	Bean & Cheese Burrito 100% Apple Juice Low-Fat Milk <hr/> Fish Sticks Macaroni & Cheese Peas & Carrots Chilled Pineapple Tidbits Low-Fat Milk *Tartar Sauce/Ketchup/ Lemon Juice	29	Whole Grain Eggo Minis Maple Pancakes 100% Orange Juice Low-Fat Milk *Syrup <hr/> Corn Dog Chili 'n' Beans Oven-Baked Crinkle Cut Fries Fresh Orange Low-Fat Milk *Mustard/Ketchup					



What does **CAULIFLOWER** bring me?



Color Your Meals Healthy!

Do you use more than one color when you draw or paint? Think of vegetables the same way! They come in a variety of colors and each color has its own special power for you. The more colors of vegetables you eat, the more you do for YOU to be strong, smart and fit! Supercharge your body and mind by adding red peppers, orange carrots, yellow corn, green broccoli, purple beets, and white cauliflower. Did you notice the colors made a rainbow too?



Veggie Seek and Find

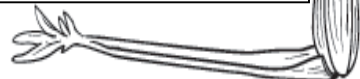
Draw a circle around the words written forwards, backwards, up and down in the puzzle.

K H O R T A B N R O C A
 V E G E T A B L E J A A
 R A L E T A R S E M R S
 X L O T A M O T J Y R N
 C T J E T A C L Y J O I
 V H G B T O C V E M T M
 K A L E T A O W E R A A
 Q E E G G P L A N T F T
 V E G E T R I L M S A I
 N E C U T T E L E D A V



OUR CAFETERIA BRINGS IT!

Eat your Fruits and Vegetables for a Heart Healthy Month!



Squaremeals is the Texas Department of Agriculture's Nutrition Education and Outreach program funded by the U.S. Department of Agriculture, Food & Nutrition Service.
www.squaremeals.org

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