

FEBRUARY 2014 ELEMENTARY "FUEL UP TO PLAY 60" MENUS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tamales (Bean) Toasted Cheese Sandwich Vegetable Soup Crunchy Veggie Dippers Pineapple Cup Fresh Fruit Whole Grain Cornbread Pancakes	4 Spaghetti w/Meatballs Yogurt Plate (yogurt & half sandwich) Steamed Spinach Garden Salad Berry Cup (Strawberry & Blueberry) Fresh Fruit Whole Wheat Garlic Toast Biscuit & Sausage	5 Pizza Dippers Country Catfish Sweet Potato Fries Pacific Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit Whole Wheat Breadstick Breakfast Taco	6 Enchilada Roasted Chicken Seasoned Pinto Beans Riviera Blend Vegetables Garden Salad Applesauce Fresh Fruit Whole Grain Cornbread Chicken Biscuit	7 Chicken Burger Garden Burger Roasted Potato Wedges Carrots and Edamame Garden Salad Pear Cup Fresh Fruit Texas Star Bread & Sausage
10 Pizza Tuna Salad Sandwich Seasoned Corn Crunchy Veggie Dippers Applesauce Fresh Fruit Biscuit & Sausage	11 Hamburger Garden Burger Yogurt Plate (yogurt & half sandwich) Roasted Potato Wedges Crunchy Veggie Dippers Garden Salad Fresh Fruit Cinnamon Oatmeal	12 Soft or Crispy Tacos Turkey & Cheese Melt Seasoned Pinto Beans Garden Salad Frozen Fruit Juice Cup Fresh Fruit Mini Loaf & Sausage Link	13 Turkey over Rice Steak Sticks Sweet Potatoes Crunchy Veggie Dippers Peach Cup Fresh Fruit Whole Wheat Breadstick Chicken Biscuit	14 Bean & Cheese Burrito Stuffed Spud Steamed Broccoli Garden Salad Strawberry Cup Fresh Fruit Whole Wheat Breadstick Scrambled Eggs & Biscuit
17 "EAT SMART" Unflavored 1% milk is a "GO" food. Chocolate skim milk is a "SLOW" food.	18 Fish Burger Toasted Cheese Sandwich Seasoned Pinto Beans Riviera Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit Pancakes	19 Chicken Burger Sweet & Sour Chicken over Brown Rice Pacific Vegetables Sweet Potato Fries Garden Salad Blueberry Cup Fresh Fruit Biscuit & Sausage	20 Chicken Tenders Chef Salad Caribbean Blend Vegetables Pretty Peas Crunchy Veggie Dippers Fresh Fruit Whole Wheat Breadstick Breakfast Taco	21 Spaghetti w/Meatballs Yogurt Plate (yogurt & half sandwich) Steamed Spinach Crunchy Veggie Dippers Fresh Fruit Whole Wheat Garlic Toast Texas Star Bread & Sausage
24 Hamburger Garden Burger Yogurt Plate (yogurt & half sandwich) Roasted Potato Wedges Garden Salad Crunchy Veggie Dippers Fresh Fruit Biscuit & Sausage	25 Pizza Tuna Salad Sandwich Steamed Edamame Pacific Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit Cinnamon Oatmeal	26 Chicken Tenders Meatloaf Mashed Potatoes Caribbean Blend Vegetables Garden Salad Fresh Fruit Whole Wheat Roll Yogurt Parfait	27 Bean & Cheese Burrito Soft or Crispy Tacos Seasoned Carrots Garden Salad Peach Cup Fresh Fruit Scrambled Eggs & Biscuit	28 Fish Mac n' Cheese Steak Sticks Steamed Broccoli Crunchy Veggie Dippers Strawberry Cup Fresh Fruit Whole Wheat Breadstick Chicken Biscuit



VEGETABLE OF THE MONTH

Spinach contains many nutrients.
It is an excellent source of Vitamins K and C.
It's good for keeping bones healthy.

Milk is offered with every meal. Milk choices are 1% and skim milk. Breakfast items on menu also include juice and milk. Fresh fruit is offered often. A breakfast option of cereal, toast, juice and milk is offered daily. Breakfast cereals contain 1/2 Tbsp. of sugar or less. Menus are subject to change without notice.

COME "EAT SMART" WITH US

A.I.S.D. participates in the Eat Smart program of the Coordinated Approach to Child Health (CATCH). A.I.S.D. school menus meet the standards of CATCH providing students the opportunity to select mostly "GO" foods, and some "SLOW" foods. Entrees are specially purchased and prepared as lower fat versions of student favorites. Canned fruits are purchased in natural juices. Vegetables are seasoned without butter or margarine. Fresh fruit is available daily for breakfast and lunch. Sandwich bread, hamburger buns, rolls, breadsticks, flour tortillas and the wrap for the burritos are made with whole wheat. Dough for pizza and pizza dippers are made from white whole wheat. Milk is offered in the lowest fat varieties of skim and 1%. Chocolate skim milk has ten grams of added sugar which is about two teaspoons. Both flavored and unflavored milk contain calcium, vitamin D, vitamin A, iron and folate.

Family Physical Activity and Health Challenges			
Grades	Physical Activity Challenges	Health Topics	Family Challenges
K-1st	*Use one hand and volley a balloon while saying your ABC's *Do the same with your other hand, then alternate hands	*What makes you feel stressed? *What activities would you like to do when you feel stressed?	Track the number of hours of sleep and exercise you and your family members do each day during this month. Post it on the refrigerator.
2nd-3rd	*Have a partner underhand toss you a beach ball and bump it back to them *Try keeping it going between you and your partner.	*How does stress make you feel? *How does physical activity affect your stress? *List examples of your stress reliefs.	Set a family goal of how many hours of sleep and exercise each member should do and track it. Try to find 3 new stress reliefs that you could use.
4th-5th	*Bump a volleyball back and forth with a partner *Try bumping and setting over a line or a rope.	*How does stress make you feel? *How does physical activity affect your stress? *List examples of your stress reliefs.	Set a family goal of how many hours of sleep and exercise each member should do and track it. Try to find 5 new stress reliefs that you could use.