



February Menu 2012

CELEBRATE AMERICAN HEART MONTH WITH HAPPY, HEALTHY EATING

Eating is an important part of our lives. The healthy foods we eat help our body grow, run, walk, think, move, sleep, and fight off germs. But did you know that some foods can actually hurt our bodies? Here are some tips on how to make sure you are getting enough of the foods your body needs to do its job well?

Eat the Rainbow: A fun and tasty way to make sure you are eating enough fruits and vegetables is to eat as many different colors as you can at each meal. For example: some carrots, blueberries, and red bell peppers are all different colors and are all good for your body. Help your parents next time you go grocery shopping to pick out the most colorful fruits and vegetables. How many can you find?

In the cafeteria: There are many options to choose from in the lunch line at school. Try to choose fruits and vegetables every day. All of the milk we serve is low fat or fat free so enjoy milk with each meal. It may be hard to make these changes but you will be keeping your body healthy and you will feel much better!

Snack Attack: After a long day at school or an afternoon of playing your tummy may be telling you it's time to eat. But before you reach for that bag of chips, consider choosing one of these healthier options instead:

- ◆ Instead of soda or juice, grab some water or fat-free milk.
- ◆ Instead of chips or crackers, grab a piece of fruit or veggie sticks.
- ◆ Instead of cookies or cake, grab a sugar-free ice pop or unsweetened, fat-free yogurt.



By making healthy food choices you will feel better and play better, so start making healthy choices today!

For more information go to www.heart.org

ST ANTHONY OF PADUA SCHOOL







THE NUTRITION CONNECTION

MEAL PRICES	
Full Pay Lunch	\$ 2.75
Reduced Meals	No Charge
Adult Lunch	\$ 3.00
Milk	\$.40

Pay by the Week	
Full Pay	
	Lunch
Jan 30 - Feb 4	\$ 13.75
Feb 6 - 10	\$ 13.75
Feb 13 - 17	\$ 8.25
Feb 20 - 24	\$ 11.00
Total	\$ 46.75

Meal Pay Plus has changed it's name to My Payment Plus. Same great service, just a new name. Parents can make payments on-line for school meals just like last year. Go to www.mypaymentplus.com and register your student into the school meal pre-payment plan. This is a convenient way to securely keep your students account paid in full and view their actual purchase history!

For more in-depth information on menus, nutritional analysis, contact information and related website links, check out our website at: www.grpublicschool.org/nutrition

● MONDAY ●	● TUESDAY ●	● WEDNESDAY ●	● THURSDAY ●	● FRIDAY ●
30 Lemon Chicken Over Rice Asian Vegetable Blend Cinnamon Streusel Muffin Fresh Grapes Ice Cold Milk 	31 Deluxe Nachos Romaine Ribbons Shredded Cheese Refried Beans Fresh Salsa Chilled Peaches Ice Cold Milk	1 Chicken Nuggets Dipping Sauce Black Eyed Peas Whole Wheat Roll w/Honey Mozzarella Cheese Stick Michigan Apple Ice Cold Milk	2 Cuban Sandwich Turkey Ham & Swiss Mustard & Pickles Carrot Sticks Banana Ice Cold Milk 	3 Turkey Pepperoni Pizza Bagel Celery Sticks w/Sunbutter Pineapple Tidbits Ice Cold Milk
6 Italian Dunkers Steamed Green Beans Trail Mix Fuji Apple Ice Cold Milk 	7 BBQ Meatballs Macaroni & Cheese Whole Wheat Breadstick Tossed Salad Tropical Fruit Salad Ice Cold Milk	8 Breakfast for Lunch Cinnamon Toast Turkey Sausage Link Potato Triangle Strawberry Yogurt Petite Banana Ice Cold Milk	9 Cheesy Quesadilla Green Pepper Strips Chilled Peaches Goldfish Grahams Ice Cold Milk 	10 Soft Shell Taco Romaine Ribbons Shredded Cheese Red Beans & Rice Orange Wedges Ice Cold Milk
13 Turkey Burger on a Whole Wheat Bun Broccoli Cheese Soup Potato Wedges Gala Apple Ice Cold Milk	14 Double Stuff Cheese Pizza Celery Stick w/Hummus Grapefruit Sections Hartzels Ice Cold Milk 	15 Hot Turkey Ham & Cheese On a Whole Wheat Bun Baked Beans Carrot Raisin Salad Petite Banana Sun Chips Ice Cold Milk	16 Early Dismissal <i>(Optional)</i> Parent/Teacher Conferences	17 No School Mid-Winter Break
20 No School Mid-Winter Break	21 Chicken Drumstick Mashed Potatoes w/Gravy Tossed Salad Whole Wheat Breadstick Fresh Kiwi Ice Cold Milk	22 Macaroni & Cheese Steamed Green Beans Whole Wheat Roll Purple Power Salad Fresh Banana Ice Cold Milk	23 Chicken Nuggets Yellow Rice /Chick Peas Fresh Green Beans Cantaloupe Slices President's Cookies Ice Cold Milk	24 Grilled Cheese Sandwich Lentil Soup Tossed Salad w/Spinach Strawberry Shortcake Ice Cold Milk 

Available Daily

Lunch: **Munchers & Sunbutter** sandwiches available as entrée choices

Monday - Fruit & Yogurt Muncher (Yogurt, sunflower kernels, fruit, carrots, and graham crackers)

Tuesday - Garden Muncher (Chef salad w/meat and cheese, baby carrots or broccoli bites, and fruit)

Wednesday - Garden Muncher (Chef salad w/cheese, chick peas and fruit)

Thursday - Garden Muncher (Chef salad w/egg and cheese, baby carrots or broccoli bites, and fruit)

Friday - Fiesta Grab and Go (Tortilla chips, nacho cheese sauce, homemade tomato salsa, and fruit)

- Ice Cold Milk (skim milk, 1% white or Fat Free chocolate)
- If you qualify for free or reduced priced meals and you only choose milk, you will be charged .40 cents This is a school "meal" program, not a school "milk" program. Please call 819.2135 if you have questions.
- Foods of the month: Good Fats & Lowfat Dairy, check our website at www.grpublicschools.org for more information.
- * Menu Item Contains Pork

