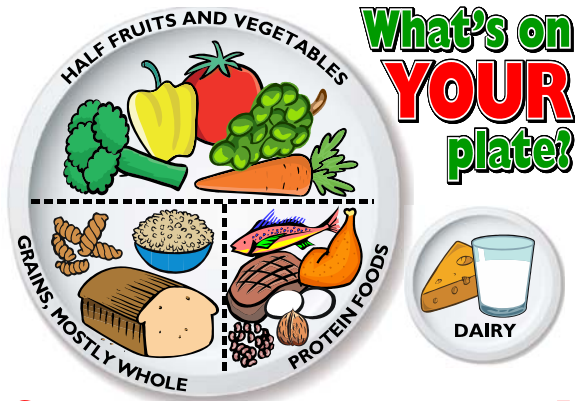


Menus for February 2012

D.C. Everest Area School District
This institution is an equal opportunity provider.



Cactus you can eat!

The pads of the prickly pear cactus, or “nopales” (pronounced no-PAH-lace) are a popular food in Mexico and many Central American countries, as well as parts of Southern Europe, the Middle East, India, North Africa, and the Southwest U.S. It tastes like a slightly tart green bean or green pepper.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Wednesday, February 1

Breakfast

Chilled Peaches
Eggo Pancakes
Choice of Milk

Lunch

Hamburger on a Bun
“The Works”
Or Chicken N Biscuit
Cut Green Beans
Assorted Fresh Fruit
Choice of Milk

Thursday, February 2

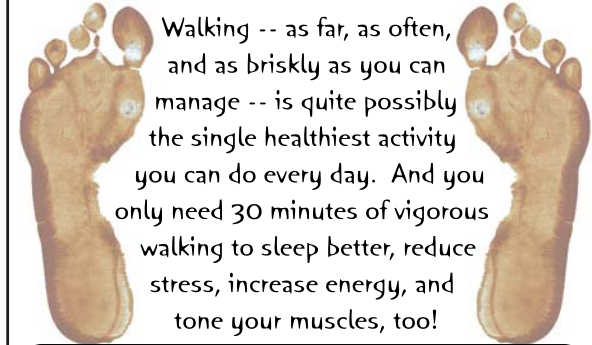
Breakfast

Fresh Apple
Yogurt & Cheese Stick
Choice of Milk

Lunch

Pepperoni Pizza
or Teriyaki Chicken Bites
Tossed Garden Salad &
Dressing
Whole Grain Bread
Chilled Pears
Choice of Milk

MAKE SOME TRACKS.



Walking -- as far, as often, and as briskly as you can manage -- is quite possibly the single healthiest activity you can do every day. And you only need 30 minutes of vigorous walking to sleep better, reduce stress, increase energy, and tone your muscles, too!

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

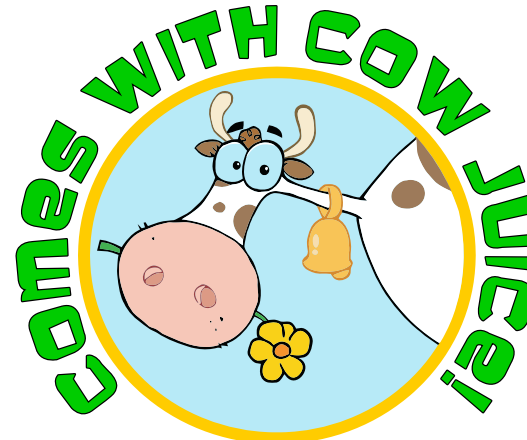
Friday, February 3

Breakfast

Chilled Juice
Cereal & Toast
Choice of Milk

Lunch

DCE Munchables
or PBJ Uncrustable
Creamy Tomato Soup &
Goldfish Crackers
Baby Carrots
Frozen Juice Bar
Choice of Milk



Every complete meal we serve includes your choice of nonfat or lowfat white or nonfat chocolate milk.

Monday, February 6

Breakfast

Chilled Applesauce
Mini Cinnis
Choice of Milk

Lunch

Crispy Chicken Nuggets &
Honey
or Pizza Bake
Winter Blend Vegetables
Whole Grain Bread
Assorted Fresh Fruit
Choice of Milk

Tuesday, February 7

Breakfast

Chilled Peaches
Cereal & Toast
Choice of Milk

Lunch

Super Sub Sandwich
or Grilled Ham & Cheese
Sandwich
Fresh Veggies & Dip
Chilled Pears
Scooby Doo Grahams
Choice of Milk

Wednesday, February 8

Breakfast

Chilled Mixed Fruit
French Toast Sticks
Choice of Milk

Lunch

Cheese Omelet
or Yogurt & Cheese Stick
Chilled Fruit Juice
Whole Grain Pancakes &
Syrup
Chilled Applesauce
Choice of Milk

Thursday, February 9

Breakfast

Chilled Pears
Cereal & Toast
Choice of Milk

Lunch

Pizza Dippers & Sauce
or Sloppy Joe on a Bun
Tossed Garden Salad &
Dressing
Whole Grain Bread
Chilled Peaches
Choice of Milk

Friday, February 10

Breakfast

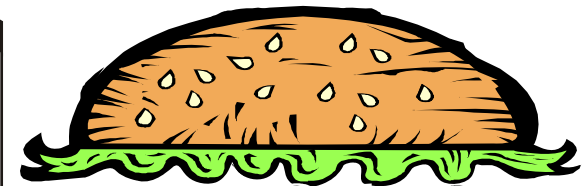
No Elementary Classes

Secondary Menu-
Regular Daily Choices

Lunch

No Elementary Classes

Secondary Menu -
Crispy Chicken Sandwich
Regular Daily Choices



Chocolate is “chock-full” of antioxidants and other substances that are good for you. But all chocolate isn’t created equal. Dark chocolate – at least 65% cocoa – delivers these health benefits efficiently. But the chocolate used for most candy is less than 30% cocoa with lots of added sugar, so you need to eat 2 or 3 times as much chocolate (and a lot more calories!) for the same benefits.

A TASTY MORSEL FOR PARENTS