
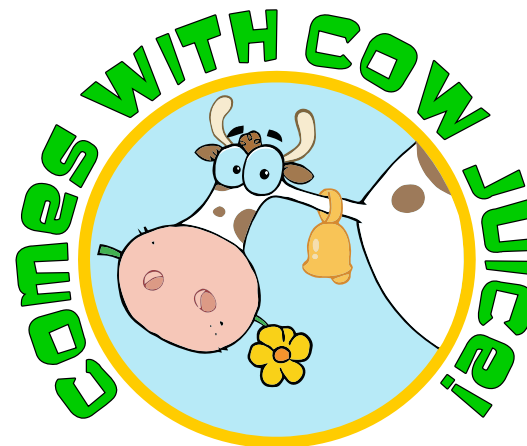


# Menus for February 2012



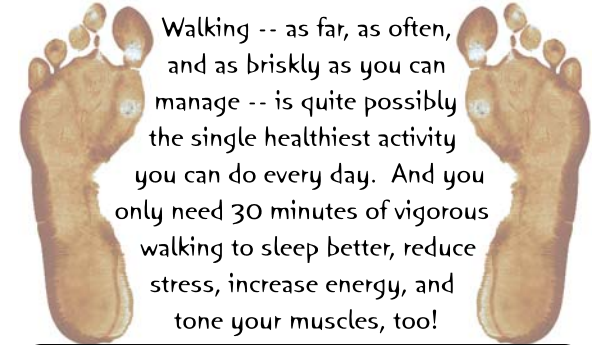
## Edgewood Babeck, Bloomfield & Seven Mile Schools

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



Every complete meal we serve includes your choice of low fat white or non fat chocolate 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!



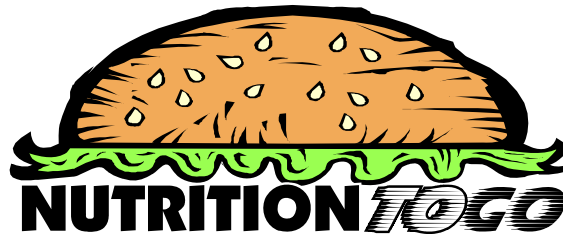
What's on YOUR plate?

## 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



## NUTRITION TO GO

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

**Monday, February 6**

**Lunch**  
Hamburger or Cheeseburger on a Bun  
Crisp Pickle Chips  
Waffle Fries  
Chilled Pears  
Choice of Milk

**Breakfast**  
Scrambled Eggs w/Toast  
Chilled Juice or Fruit  
Choice of Milk

**Tuesday, February 7**

**Lunch**  
Beef Chili  
Peanut Butter & Jelly Sandwich  
Carrot Sticks & Dip  
Chilled Pineapple  
Choice of Milk

**Breakfast**  
Buttermilk Waffle w/Warm Syrup  
Sausage Link  
Chilled Fruit or Juice

**Wednesday, February 8**

**Lunch**  
Cheesy Breadsticks w/Marinara Sauce  
Seasoned Curly Fries  
Carrot Sticks & Dip  
Choice of Milk

**Breakfast**  
Breakfast Pizza  
Chilled Juice or Fruit  
Choice of Milk

**Thursday, February 9**

**Lunch**  
Grilled Cheese Sandwich on Whole Wheat Bread  
Tomato Soup w/Crackers  
Petit Banana  
Chilled Fruit  
Choice of Milk

**Breakfast**  
Warm Muffin  
Assorted Cereal  
Chilled Juice or Fruit  
Choice of Milk

**Friday, February 10**

**Lunch**  
Popcorn Shrimp w/Seafood Cocktail Sauce  
Macaroni & Cheese  
Seasoned Green Beans  
Chilled Strawberries  
Choice of Milk

**Breakfast**  
Toaster Pastry  
Assorted Cereal  
Chilled Juice or Fruit  
Choice of Milk

**Wednesday, February 1**

**Lunch**  
Beef Ravioli in Meat Sauce  
Texas Toast  
Seasoned Corn  
Chilled Mandarin Oranges  
Choice of Milk

**Breakfast**  
Apple Granola Bar  
Assorted Cereal  
Chilled Juice or Fruit  
Choice of Milk

**Thursday, February 2**

**Lunch**  
Totally Taco  
Max Snax w/Salsa  
Seasoned Green Beans  
Fresh Delicious Apple  
Choice of Milk

**Breakfast**  
Cheese Omelet  
Cinnamon Toast  
Chilled Juice or Fruit  
Choice of Milk

**Friday, February 3**

**Lunch**  
Stuffed Crust Pizza  
French Fries  
Chilled Mixed Fruit  
Choice of Milk

**Breakfast**  
Yogurt  
Assorted Cereal  
Chilled Juice or Fruit  
Choice of Milk