Fats: Eating the Right Amounts!

Although eating adequate amounts of fat is an important part of a healthy diet, it is true that many children today do eat too much of it. Excess fat in a child’s diet may lead to weight gain and later in life, may lead to heart disease and diabetes. Here are some ways to keep fat intake within the recommended ranges:

- Stick to foods naturally low in fat, such as fruits and vegetables, whole grains, lean meats and fish, as well as low-fat dairy products.
- Pack meals for family outings instead of going to fast-food restaurants.
- Encourage children to include salads when dining out and to choose foods that are baked, grilled, or steamed.

The most effective way to learn about healthy eating habits is to make nutritious food a priority in our lives by learning how to prepare healthy meals and snacks. Having an entire family who is devoted to nutrition will help anyone establish sensible eating habits and learn about a healthy lifestyle.

**Fats: Eating the Right Amounts!**

Presidential's Day

**Monday**
- February 17
- NO SCHOOL

**Tuesday**
- Cycle 4
  - February 18
  - President’s Day

**Wednesday**
- Cycle 5
  - February 19
  - Breakfast: Glazed Dutch Waffle
  - Lunch: Crispy Chicken Patty

**Thursday**
- Cycle 6
  - February 20
  - Breakfast: Sausage Biscuit
  - Lunch: Beef & Bean Burrito

**Friday**
- Cycle 7
  - February 21
  - Breakfast: Warm Cinnamon Pancakes
  - Lunch: Chicken Nuggets

**Saturday**
- February 22
- No School

**Monday**
- February 24
- Cycle 1

**Tuesday**
- February 25
- Cycle 2

**Wednesday**
- February 26
- Cycle 3

**Thursday**
- February 27
- Cycle 4

**Friday**
- February 28
- Cycle 5

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**Complimentary Breakfast is available for ALL Enrolled Students in All Schools!**

**Nutrition Facts**

<table>
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<tr>
<th>Breakfast</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>622</td>
<td>20 cal</td>
<td>4 cal</td>
<td>5 cal</td>
<td>88 gm</td>
<td>23 Fatty Acid</td>
<td>20 gm</td>
<td>47 gm</td>
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<tr>
<td>Lunch</td>
<td>633</td>
<td>21 cal</td>
<td>4 cal</td>
<td>5 cal</td>
<td>87 gm</td>
<td>22 Fatty Acid</td>
<td>19 gm</td>
<td>48 gm</td>
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</tbody>
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**Lunch Prices**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Elementary</td>
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<tr>
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<td>Adults</td>
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Visit our website for nutrition information, free/reduced applications and more about our program at [http://district.ops.org](http://district.ops.org). Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-0899. School lunch money may be transferred to other accounts, carried over to the next school year or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at [www.schoolcide.com](http://www.schoolcide.com).