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.

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

Our menu has been planned to meet federal regulations including, but not limited to, age groups and portion sizes. Over the course of each week, our menus meet calorie ranges, meat/meat alternate ranges, grain ranges, and at least if not more of the required vegetable subgroup consisting of dark green, red/orange, legumes, starchy, and other.

This institution is an equal opportunity provider. This information is available in alternate formats for the visually impaired. Please call 513-299-5239 for further information.

Lunch Prices

<table>
<thead>
<tr>
<th></th>
<th>Full Paid Reduced Sec.</th>
<th>Full Paid Reduced Adult</th>
<th>Reduced Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elem.</td>
<td>$1.45</td>
<td>$.75</td>
<td>$3.75</td>
</tr>
</tbody>
</table>
| Adult    | $3.75                  | $.75                    | .35

Locally grown ♡ Meatless item ♢ Fish product ❎ Spicy ❎ New item ❫ Whole-grain

* Yogurt Meals offered on specified days.
** Condiments are included in the USDA nutrient standard traditional menu plan.

Week of Feb 21-25, 2020

Week of Feb 24-28, 2020

Visit our website for nutrition information, free/reduced applications and more about our program at http://district.ops.org/

SNOW DAYS! Present a real challenge and menu changes have to be made. We appreciate your understanding. Check out the menu changes on the OPS Nutrition Services website at ops.org.

Menu

**President’s Day**

**February 17**

- **NO SCHOOL**

**February 18**

- **Monday**
  - **Breakfast**
    - Blueberry Muffin Top
    - Vanilla Bear Graham
    - Chilled 100% Juice
    - White Milk
  - **Lunch**
    - Country Beef Outlet on a Bun
    - Baked School Fries
    - Iced Mixed Fruit Cup
    - White Milk

- **Tuesday**
  - **Breakfast**
    - Cinnamon Glazed French Toast
    - Fresh Delicious Apple Slices
    - White Milk
  - **Lunch**
    - Rotini with Italian Meat Sauce
    - Go Green! Fresh Spinach Salad
    - Fresh Banana
    - White Milk

- **Wednesday**
  - **Breakfast**
    - Cold Cereal
    - Vanilla Bear Graham
    - Fresh Banana
    - White Milk
  - **Lunch**
    - Fish Wedge on a Bun
    - Golden Corn
    - Fresh Orange Smiles
    - White Milk

- **Thursday**
  - **Breakfast**
    - Colby Cheese Omelet
    - Warm Biscuit
    - Fresh Orange Smiles
    - White Milk
  - **Lunch**
    - Southwestern Chicken Patty on a Bun
    - Fresh Grape Tomatoes
    - Iced Strawberries
    - White Milk

- **Friday**
  - **Breakfast**
    - Hot Oatmeal
    - Vanilla Bear Graham
    - Iced Strawberry Cup
    - White Milk
  - **Lunch**
    - Cheese Pizza
    - Lean Mean Green Beans
    - Chilled Applesauce
    - White Milk

Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving (Week Avg.)</th>
<th>Servings Size 1 Meal</th>
<th>Serves Per Day 1 Lunch</th>
</tr>
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<tbody>
<tr>
<td>Calories</td>
<td>624</td>
<td>20 cal</td>
<td>20 cal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>29 gm</td>
<td>6 cal 33%</td>
<td>6 cal 33%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7 gm</td>
<td>2 cal 10%</td>
<td>2 cal 10%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>23 mg</td>
<td>3 mg 29%</td>
<td>3 mg 29%</td>
</tr>
<tr>
<td>Sodium</td>
<td>775 mg</td>
<td>1129 mg 84%</td>
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</tr>
<tr>
<td>Total Carbohydrate</td>
<td>955 gm</td>
<td>31 gm 204%</td>
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</tr>
<tr>
<td>Dietary Fiber</td>
<td>14 gm</td>
<td>7 gm 62%</td>
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</tr>
<tr>
<td>Vitamin A</td>
<td>1391 IU</td>
<td>98%</td>
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</tr>
<tr>
<td>Vitamin C</td>
<td>33 mg</td>
<td>212%</td>
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</tr>
<tr>
<td>Calcium</td>
<td>434 mg</td>
<td>117%</td>
<td>117%</td>
</tr>
<tr>
<td>Iron</td>
<td>4 mg</td>
<td>93%</td>
<td>93%</td>
</tr>
<tr>
<td>Protein</td>
<td>29 gm</td>
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### Lunch Page News

**Monday, February 17**

- **Breakfast**: Turkey Sausage, Pizzazz Pizza, Applesauce Cup, White Milk
- **Cycle 4**
- **Wednesday, February 19**
- **Breakfast**: Yogurt, Vanilla Bear Graham Slices, Iced Strawberry Cup, White Milk
- **Cycle 5**
- **Thursday, February 20**
- **Breakfast**: Warm Biscuit with Sunbutter & Jelly, Fresh Banana, White Milk
- **Cycle 6**
- **Friday, February 21**
- **Breakfast**: Warm Pancakes with Maple Syrup, Fresh Orange Smiles, White Milk

**Tuesday, February 18**

- **Breakfast**: Turkey Sausage, Pizzazz Pizza, Applesauce Cup, White Milk
- **Cycle 4**
- **Wednesday, February 19**
- **Breakfast**: Yogurt, Vanilla Bear Graham Slices, Iced Strawberry Cup, White Milk
- **Cycle 5**
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**Wednesday, February 20**

- **Breakfast**: Turkey Sausage, Pizzazz Pizza, Applesauce Cup, White Milk
- **Cycle 4**
- **Thursday, February 21**
- **Breakfast**: Warm Biscuit with Sunbutter & Jelly, Fresh Banana, White Milk
- **Cycle 5**
- **Friday, February 22**
- **Breakfast**: Warm Pancakes with Maple Syrup, Fresh Orange Smiles, White Milk

**Thursday, February 21**

- **Breakfast**: Turkey Sausage, Pizzazz Pizza, Applesauce Cup, White Milk
- **Cycle 4**
- **Friday, February 22**
- **Breakfast**: Warm Biscuit with Sunbutter & Jelly, Fresh Banana, White Milk
- **Cycle 5**
- **Monday, February 24**

**Friday, February 22**

- **Breakfast**: Turkey Sausage, Pizzazz Pizza, Applesauce Cup, White Milk
- **Cycle 4**
- **Monday, February 24**
- **Breakfast**: Cold Cereal, Vanilla Bear Graham Slices, Fresh Banana, White Milk

**Monday, February 24**

- **Breakfast**: Blueberry Muffin Top, Vanilla Bear Graham Slices, Chilled 100% Juice, White Milk
- **Cycle 8**
- **Tuesday, February 25**
- **Breakfast**: Cinnamon Glazed French Toast, Fresh Delicious Apple Slices, White Milk
- **Cycle 9**
- **Wednesday, February 26**
- **Breakfast**: Cold Cereal, Vanilla Bear Graham Slices, Fresh Banana, White Milk
- **Cycle 10**
- **Thursday, February 27**
- **Breakfast**: Colby Cheese Omelet, Warm Biscuit, Fresh Orange Smiles, White Milk
- **Cycle 1**
- **Friday, February 28**
- **Breakfast**: Hot Oatmeal with Maple Syrup, Fresh Orange Smiles, White Milk
- **Cycle 2**

**Week of Feb 17-21, 2020**

### Nutrition Facts

**Serving Size** 1 Meal 1 Lunch per Day

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving (Week Avg.)</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>668</td>
<td></td>
</tr>
<tr>
<td>Fat Calories</td>
<td>29 g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>9 g</td>
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<tr>
<td>Cholesterol</td>
<td>113 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>73 g</td>
<td></td>
</tr>
<tr>
<td>Fiber</td>
<td>3 g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>31 g</td>
<td></td>
</tr>
</tbody>
</table>

**Week of Feb 24-28, 2020**

**Nutrition Facts**

**Serving Size** 1 Meal 1 Lunch per Day

<table>
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<td>5 g</td>
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<tr>
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**Lunch Prices**

- **Full Paid Reduced**
  - Elem. $1.45 .40
  - Sec. $1.75 .40
  - Adult $3.75
- **Milk** $ .35

**EXTRA!**

- Lunch Page News
- Menu Key:
  - (     ) New item
  - (      ) Whole-grain
  - (       ) Fish product
  - (       ) Meatless item
  - (       ) Local grown
  - (       ) Spicy
  - (       ) Contains beans and/or peas which have been harvested dry.

- Snow Days!

- Nutrition Services website at ops.org.

- Complimentary Breakfast is available for ALL Enrolled Students in All Schools!
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<tr>
<td>Sodium</td>
<td>1129 mg</td>
<td>1324 mg</td>
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<tr>
<td>Cholesterol</td>
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<td>77 mg</td>
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<td><strong>Fat Calories</strong></td>
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**EXTRA!**

**Lunch Page News**

- Check out the menu changes on the OPS Nutrition Services website at ops.org.
- Menu changes are made daily at lunch. Please call 531-299-0230 for information.  Non-emergent changes are made before the end of each school day.  Please make sure to check the website for the most up-to-date information.

**Menu Key:**

- (     ) New item
- (      ) Spicy
- (       ) Fish product
- (      ) Meatless item
- (     ) Whole-grain
- (     ) Adult
- (     ) Elem.
- (     ) Reduced
- (     ) Full Paid
- (     ) No Pork products are served at Head Start
- (     ) Vegetarian choices.
- (     ) Special needs
- (     ) Dietary needs
- (     ) Students who are identified as low-income by the USDA are eligible for free and reduced meals.
- (     ) Students who are not identified as low-income are charged the full meal price.
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