Fats are nutrients in food that the body uses to build nerve tissue and hormones. The body also uses fat as fuel. If fats in food aren’t burned as energy or used as building blocks, they’re stored by the body in fat cells. Fat gives food flavor and texture, but it’s also high in calories and excess amounts of fatty foods may be harmful to you. There are good fats though – the unsaturated fats:

- These fats are found in plant foods and fish and may help your heart.
- There are monounsaturated fats found in avocados, olives, and peanuts.
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It is crucial for fat to stay a part of a child’s diet. Fat plays important roles in brain development. Children should get about 25% to 35% of calories coming from fat. It is important for fat to stay a part of a child’s diet. Fat plays important roles in brain development. Children should get about 25% to 35% of calories coming from fat. There are good fats though – the unsaturated fats:

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### Fats: Eating the Right Kinds!

<table>
<thead>
<tr>
<th>Fats</th>
<th>Eating the Right Kinds!</th>
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<tbody>
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**Dietary Recommendations for Fat Calories**

<table>
<thead>
<tr>
<th></th>
<th>Serving Size 1 Lunch per Day</th>
<th>Amount Per Serving (Week Avg.)</th>
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</table>

**Nutrition Facts**

- **Dairy:**
  - Milk: $0.35
  - Yogurt: $0.40

- **Adult:** $3.75

- **Elementary:** $1.45

**Lunch Prices**

- **Full Paid Reduced:**
  - Elem. $1.45
  - Sec. $1.75

- **Adult:** $3.75

- **Milk:** $0.35

---

**Menu Key:**

- ! Domingo late dish
- New item
- Whole-grain
- Contains beans and/or peas which have been harvested dry.
- Locally grown
- Meatalless
- Fish product
- Spicy
- New item
- Whole-grain

**Menu Notes:**

- *No Pork products are served at Head Start.
- **Support Menu options** daily at lunch include vegetarian choices.
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** Cycle 4 **
** Monday February 3 **
- **Breakfast**
  - Cinnamon Glazed Cold Cereal
  - Microwave Breakfast Burrito
  - Golden Corn Puffs
  - White Milk
- **Lunch**
  - Tangerine Chicken with Steamed Brown Rice
  - Steamed Peas/Carrots Mix
  - Chilled Diced Pears
  - White Milk

** Cycle 5 **
** Tuesday February 4 **
- **Breakfast**
  - French Toast Bake
  - Chilled Diced Pears
  - White Milk
- **Lunch**
  - Macaroni & Cheese with Shrimp Peppers
  - Lean Mean Green Beans
  - Tea Roll
  - Frozen Peach Cup
  - White Milk

** Cycle 6 **
** Wednesday February 5 **
- **Breakfast**
  - Egg & Cheese Biscuit
  - Frozen Peach Cup
  - White Milk
- **Lunch**
  - Cheese Breadstick with Pasta Sauce
  - Go Green! Fresh Spinach Salad
  - Chilled Cinnamon Applesauce Sample:
  - Fresh Grapefruit
  - White Milk

** Cycle 7 **
** Thursday February 6 **
- **Breakfast**
  - Warm Pancakes with Maple Syrup
  - Fresh Kiwi
  - Fresh Grapefruit
  - White Milk
- **Lunch**
  - BBQ Chicken Drumsticks
  - Western Beans
  - Breadsticks
  - Fresh Banana
  - White Milk

** Cycle 8 **
** Friday February 7 **
- **Breakfast**
  - Colby Cheese Omelet
  - Fresh Kiwi
  - Chocolate Chipper Cookie
  - White Milk

---

**Fats: Eating the Right Kinds!**

- **Monday February 10**
  - **Breakfast**
    - Cinnamon Glazed Cold Cereal
    - French Toast
    - Applesauce Cup
    - White Milk
  - **Lunch**
    - Ham Burger or Cheeseburger on a Bun
    - Baked School Fries
    - Chilled Diced Pears
    - White Milk

- **Tuesday February 11**
  - **Breakfast**
    - Scrambled Eggs
    - Warm Biscuit
    - Chilled Diced Pears
    - White Milk
  - **Lunch**
    - Cheese Pizza
    - Golden Corn
    - Frozen Strawberries
    - White Milk

- **Wednesday February 12**
  - **Breakfast**
    - Cold Cereal
    - Vanilla Bear Graham
    - Iced Strawberry Cup
    - White Milk
  - **Lunch**
    - Taco Burger
    - Refried Beans
    - Fresh Banana
    - Chilled Applesauce
    - White Milk

- **Thursday February 13**
  - **Breakfast**
    - Hot Apple Oatmeal
    - Vanilla Bear Graham
    - Fresh Banana
    - White Milk
  - **Lunch**
    - Italian Meatball Sub
    - Lean Mean Green Beans
    - Chilled Applesauce
    - White Milk

**Happy Valentine’s Day**

**Week of Feb 10-14, 2020**

**Nutrition Facts**

- **Lunch Prices**
  - Full Paid Reduced:
    - Elem. $1.45
    - Sec. $1.75
  - Adult $3.75
  - Milk $0.35

---

**EXTRA! Lunch Page News**

- **Menu Key:**
  - ! Domingo late dish
  - New item
  - Whole-grain
  - Contains beans and/or peas which have been harvested dry.
  - Locally grown
  - Meatless
  - Fish product
  - Spicy

**Week of Feb 3-7, 2020**

**Nutrition Facts**

- **Lunch Prices**
  - Full Paid Reduced:
    - Elem. $1.45
    - Sec. $1.75
  - Adult $3.75
  - Milk $0.35

- **Menu Notes:**
  - *No Pork products are served at Head Start.
  - **Support Menu options** daily at lunch include vegetarian choices.
Fats are nutrients in food that the body uses to build nerve tissue and hormones. The body also uses fats as fuel. If fats in food aren’t burned as energy or used as building blocks, they’re stored by the body in fat cells. Fat gives food flavor and texture, but it’s also high in calories and excess amounts of fatty foods may be harmful to you. There are good fats though – the unsaturated fats:

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It is crucial for fat to stay a part of a child’s diet. Fat plays important roles in brain development. Children should get about 25% to 35% of calories coming from fat. Choose foods wisely to keep their heart healthy. Choose to eat smart!

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

This institution is an equal opportunity provider.

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 information is available in alternate formats for the visually impaired. Please call 531-299-5239 for further information.

Lunch Prices
Full Paid Reduced
Elem. $1.45 .40
Sec. $1.75 .40
Adult $3.75 .35
Milk .35

Menus are designed to comply with the USDA nutrient standard traditional menu plan.

Menus Key:
* Includes beans and/or peas which have been harvested dry.
** No Pork products are served at Head Start
Locally grown
Meatless item
Fish product
Spicy
New item
Whole-grain
Whole-grain products are served at Head Start

Nutrition Facts

Week of Feb 3-7, 2020

Week of Feb 10-14, 2020

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- **Oleic**
  - Found in avocados, olives, and peanuts.
  - Helps raise “good” HDL cholesterol.
  - 20% of intake.

- **Linoleic**
  - Found in vegetable oils.
  - Helps reduce the risk of heart disease.
  - 10% of intake.

- **Linolenic**
  - Found in fish and flaxseeds.
  - Good for your heart.
  - 1% of intake.

- **Arachidonic**
  - Found in meat and dairy.
  - 1% of intake.

- **Flax**
  - Source of omega-3 fats.
  - Helps lower triglyceride levels.
  - 1% of intake.

- **Flaxseed**
  - A rich source of omega-3 fats.
  - Helps lower triglyceride levels.
  - 1% of intake.

- **Fish**
  - Contains Omega-3s.
  - Good for your heart.
  - 1% of intake.

- **Sunflower**
  - Rich in vitamin E.
  - Helps fight oxidation.
  - 1% of intake.

**aturated Fats**

- **Saturated**
  - From solid animal fats.
  - 5% of intake.

- **Saturated**
  - From solid animal fats.
  - Less than 10% of intake.

- **Saturated**
  - From solid animal fats.
  - More than 10% of intake.

- **Saturated**
  - From solid animal fats.
  - 10% of intake.

- **Saturated**
  - From solid animal fats.
  - 1% of intake.

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