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

**Cycle 4**

**February 17**

**Monday**

President’s Day

**Tuesday**

Breakfast: Turkey Sausage Pizza

Lunch: Fish Sticks, Fresh Grape Tomatoes, Cheesy Breadstick, Chilled Diced Peas

**Wednesday**

Breakfast: Glazed Dutch Waffle, Iced Strawberry Cup

Lunch: Crispy Chicken Patty on a Bun, Fresh Zucchini Slices, Savory Butternut Squash, Fresh Banana

**Thursday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Beef & Bean Burrito with Cheese Sauce, X-Ray Vision Carrots, Go Green! Fresh Spinach Salad, Fresh Orange Smiles

**Friday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Chicken Nuggets with Cheese Sauce, X-Ray Vision Carrots, Homemade Baked Beans, Chilled Applesauce

**Cycle 5**

**February 19**

**Monday**

Breakfast: Glazed Dutch Waffle, Iced Strawberry Cup

Lunch: Crispy Chicken Patty on a Bun, Fresh Zucchini Slices, Savory Butternut Squash, Fresh Banana

**Tuesday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Beef & Bean Burrito with Cheese Sauce, X-Ray Vision Carrots, Go Green! Fresh Spinach Salad, Fresh Orange Smiles

**Wednesday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Beef & Bean Burrito with Cheese Sauce, X-Ray Vision Carrots, Go Green! Fresh Spinach Salad, Fresh Orange Smiles

**Thursday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Chicken Nuggets with Cheese Sauce, X-Ray Vision Carrots, Homemade Baked Beans, Chilled Applesauce

**Friday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Chicken Nuggets with Cheese Sauce, X-Ray Vision Carrots, Homemade Baked Beans, Chilled Applesauce

**Cycle 6**

**February 20**

**Monday**

Breakfast: Glazed Dutch Waffle, Iced Strawberry Cup

Lunch: Crispy Chicken Patty on a Bun, Fresh Zucchini Slices, Savory Butternut Squash, Fresh Banana

**Tuesday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Beef & Bean Burrito with Cheese Sauce, X-Ray Vision Carrots, Go Green! Fresh Spinach Salad, Fresh Orange Smiles

**Wednesday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Beef & Bean Burrito with Cheese Sauce, X-Ray Vision Carrots, Go Green! Fresh Spinach Salad, Fresh Orange Smiles

**Thursday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Chicken Nuggets with Cheese Sauce, X-Ray Vision Carrots, Homemade Baked Beans, Chilled Applesauce

**Friday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Chicken Nuggets with Cheese Sauce, X-Ray Vision Carrots, Homemade Baked Beans, Chilled Applesauce

**Cycle 7**

**February 21**

**Monday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Beef & Bean Burrito with Cheese Sauce, X-Ray Vision Carrots, Go Green! Fresh Spinach Salad, Fresh Orange Smiles

**Tuesday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Beef & Bean Burrito with Cheese Sauce, X-Ray Vision Carrots, Go Green! Fresh Spinach Salad, Fresh Orange Smiles

**Wednesday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Chicken Nuggets with Cheese Sauce, X-Ray Vision Carrots, Homemade Baked Beans, Chilled Applesauce

**Thursday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Chicken Nuggets with Cheese Sauce, X-Ray Vision Carrots, Homemade Baked Beans, Chilled Applesauce

**Friday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Chicken Nuggets with Cheese Sauce, X-Ray Vision Carrots, Homemade Baked Beans, Chilled Applesauce

**Cycle 8**

**February 24**

**Monday**

Breakfast: Blueberry Muffin Top, Banana Bear Graham Applesauce Cup

Lunch: Country Beef Cutlet on a Bun, Western Beans, Baked School Fries, Iced Mixed Fruit Cup

**Tuesday**

Breakfast: Cinnamon Glazed French Toast, Fresh Delicious Apple Slices

Lunch: Rotini with Italian Meat Sauce or Marinara Sauce, X-Ray Vision Carrots, Go Green! Fresh Spinach Salad, Fresh Banana

**Wednesday**

Breakfast: Glazed Cinnamon Roll, Fresh Banana

Lunch: Fish Wedge on a Bun, Go Green! Fresh Spinach Salad, Golden Corn, Fresh Orange Smiles

**Thursday**

Breakfast: Cinnamon Glazed French Toast, Fresh Delicious Apple Slices

Lunch: Cheesy Dog on a Bun, X-Ray Vision Carrots, Fresh Grape Tomatoes, Iced Strawberries

**Friday**

Breakfast: Cinnamon Glazed French Toast, Fresh Delicious Apple Slices

Lunch: Cheese Pizza on a Bun, X-Ray Vision Carrots, Lean Mean Green Beans, Chilled Applesauce

**Cycle 9**

**February 26**

**Monday**

Breakfast: Turkey Deli Sandwich, X-Ray Vision Carrots

Lunch: Rotini with Italian Meat Sauce or Marinara Sauce, X-Ray Vision Carrots, Go Green! Fresh Spinach Salad, Fresh Banana

**Tuesday**

Breakfast: Glazed Cinnamon Roll, Fresh Banana

Lunch: Fish Wedge on a Bun, Go Green! Fresh Spinach Salad, Golden Corn, Fresh Orange Smiles

**Wednesday**

Breakfast: Cinnamon Glazed French Toast, Fresh Delicious Apple Slices

Lunch: Cheesy Dog on a Bun, X-Ray Vision Carrots, Fresh Grape Tomatoes, Iced Strawberries

**Thursday**

Breakfast: Cinnamon Glazed French Toast, Fresh Delicious Apple Slices

Lunch: Cheese Pizza on a Bun, X-Ray Vision Carrots, Lean Mean Green Beans, Chilled Applesauce

**Friday**

Breakfast: Cinnamon Glazed French Toast, Fresh Delicious Apple Slices

Lunch: Cheese Pizza on a Bun, X-Ray Vision Carrots, Lean Mean Green Beans, Chilled Applesauce

**Cycle 10**

**February 27**

**Monday**

Breakfast: Glazed Cinnamon Roll, Fresh Banana

Lunch: Fish Wedge on a Bun, Go Green! Fresh Spinach Salad, Golden Corn, Fresh Orange Smiles

**Tuesday**

Breakfast: Cinnamon Glazed French Toast, Fresh Delicious Apple Slices

Lunch: Cheesy Dog on a Bun, X-Ray Vision Carrots, Fresh Grape Tomatoes, Iced Strawberries

**Wednesday**

Breakfast: Cinnamon Glazed French Toast, Fresh Delicious Apple Slices

Lunch: Cheese Pizza on a Bun, X-Ray Vision Carrots, Lean Mean Green Beans, Chilled Applesauce

**Thursday**

Breakfast: Cinnamon Glazed French Toast, Fresh Delicious Apple Slices

Lunch: Cheese Pizza on a Bun, X-Ray Vision Carrots, Lean Mean Green Beans, Chilled Applesauce

**Friday**

Breakfast: Cinnamon Glazed French Toast, Fresh Delicious Apple Slices

Lunch: Cheese Pizza on a Bun, X-Ray Vision Carrots, Lean Mean Green Beans, Chilled Applesauce

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

**Nutrition Facts**

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

**Nutrition Facts**

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**Lunch Prices**

Full Paid Reduced

Elem. $1.45 .40

Sec. $1.75 .40

Adult $3.75 .40

Milk $ .35

**NUTRITION SERVICES**

Feb 17-21

Nutrition Goals: 2% Daily Value

- Choose whole grains most of the time.
- Eat a variety of fruits and vegetables daily.
- Make half your grains whole.
- Choose fat-free or low-fat milk.

**SNOW DAYS!**

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

**EXTRA!**

Lunch Page News

Menu Key:

- Contains pork
- Contains beans and/or peas which have been harvested dry.
- Locally grown
- Meatsless item
- Fish product
- Spicy
- New item
- Whole grain
- Vegetarian entree

Visit website for nutrition information, free/reduced applications and more about our program at 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 331-299-3809. 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.schoolcafe.com.

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

**Present a real challenge and menu changes may have to be made. We appreciate your understanding. Check out the menu changes on the OPS Nutrition Services website at op.org.**