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.

### Week of Feb 17-21, 2020

<table>
<thead>
<tr>
<th>Cycle 4</th>
<th>February 18</th>
<th>Monday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Turkey Sausage Pizzazz Pizza</td>
<td>White Milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Fish Sticks Cheesy Potatoes Breadstick Chilled Diced Pears</td>
<td>White Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cycle 5</th>
<th>February 19</th>
<th>Tuesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Yogurt Vanilla Bear Grasams</td>
<td>Iced Strawberry Cup White Milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Crispy Chicken Patty on a Bun Savory Butternut Squash Fresh Banana</td>
<td>White Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cycle 6</th>
<th>February 20</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Warm Biscuit with SunButter &amp; Jelly Fresh Banana</td>
<td>White Milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Beef &amp; Bean Burrito with Cheese Sauce Go Green! Fresh Spinach Salad Fresh Orange Smiles</td>
<td>White Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cycle 7</th>
<th>February 21</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Warm Cinnamon Pancakes Fresh Orange Smiles</td>
<td>White Milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Chicken Nuggets Homemade Baked Beans Chilled Apple Sauce</td>
<td>White Milk</td>
</tr>
</tbody>
</table>

### Week of Feb 24-28, 2020

<table>
<thead>
<tr>
<th>Cycle 8</th>
<th>February 24</th>
<th>Monday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Blueberry Muffin Top</td>
<td>White Milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Country Beef Cutlet on a Bun Baked School Fries Iced Mixed Fruit Cup</td>
<td>White Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cycle 9</th>
<th>February 25</th>
<th>Tuesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Cinnamon Glazed French Toast Fresh Delicious Apple Slices</td>
<td>White Milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Rotini with Italian Meat Sauce Go Green! Fresh Spinach Salad Fresh Banana</td>
<td>White Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cycle 10</th>
<th>February 26</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Cold Cereal</td>
<td>White Milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Fish Wedge on a Bun Golden Corn Fresh Orange Smiles</td>
<td>White Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cycle 1</th>
<th>February 27</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Egg &amp; Cheese Biscuit</td>
<td>White Milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Southwestern Chicken Patty on a Bun Fresh Grape Tomatoes Iced Strawberries</td>
<td>White Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cycle 2</th>
<th>February 28</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Hot Oatmeal</td>
<td>White Milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Cheese Pizza Lean Mean Green Beans Chilled Applesauce</td>
<td>White Milk</td>
</tr>
</tbody>
</table>

### Nutrition Facts

- **Fat Calories**
  - Week of Feb 17-21: 10527
  - Week of Feb 24-28: 10527
- **Total Fat Calories**
  - Week of Feb 17-21: 372
  - Week of Feb 24-28: 372
- **Protein**
  - Week of Feb 17-21: 127
  - Week of Feb 24-28: 127
- **Dietary Fiber**
  - Week of Feb 17-21: 133
  - Week of Feb 24-28: 133
- **Sodium**
  - Week of Feb 17-21: 1129 mg
  - Week of Feb 24-28: 1129 mg
- **Percent Values**
  - Week of Feb 17-21: 84%
  - Week of Feb 24-28: 84%

**EXTRA!** Lunch Page Notes

- 1 2 3 4 5 6 7 8 9
- * No Pork products are served at Head Start.
- **No Pork** meals are served daily at lunch include vegetarian choices.

**Nutrition Services**

Visit our 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 531-299-9800. 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.
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!

- 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!

- 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!

- 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!

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.

### Week of Feb 17-21, 2020

**Nutrition Facts**
- Serving Size: 1 Lunch per Day
- Servings Per Container: 10

#### Lunch Prices
- Adult: $3.75
- Reduced: $1.75
- Full Paid: $3.25

#### Extra!
- Lunch Page News
- Menu Key:
  - $
  - Contains beans and/or peas which have been harvested dry.
  - Locally grown
  - Meatless item
  - Fish product
  - Spicy
  - New item
  - Whole-grain

### Week of Feb 24-28, 2020

**Nutrition Facts**
- Serving Size: 1 Lunch per Day
- Servings Per Container: 10

#### Lunch Prices
- Full Paid: $3.25
- Reduced: $1.75
- Milk: $0.35

Visit our 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 531-299-9880. 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.