Fats: Eating the Right Kinds!

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:

- These fats are found in plant foods and fish and may help your heart.
- There are monounsaturated fats found in avocados, olives, and peanuts.
- The polyunsaturated fats are found in most vegetable oils.
- The omega-3 fatty acids are found in oily fish like tuna and salmon.

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!

**Fats: Eating the Right Kinds!**

**Cycle 4**
**February 3**
**Breakfast**
Glazed Raised Donut
Applesauce Cup

**Lunch**
General Tso Chicken with Steamed Brown Rice
Go Green! Fresh Spinach Salad
Steamed Peas/Carrots Mix
Chilled Diced Peaches

**Sandwich Box:**
Pastrami & White American Sandwich
Fresh Grape Tomatoes Go Green! Fresh Spinach Salad Chilled Diced Peas
Chef Salad: Turkey Deli, Mozzarella, Lettuce & Spinach Mix, Broccoli
Roasted Red Pepper Hummus Box

**Cycle 5**
**February 4**
**Breakfast**
Cinnamon Glazed French Toast
Iced Strawberry Cup

**Lunch**
Macaroni & Cheese with Shrimp/Popper Fries
Fresh Grape Tomatoes Lean Mean Green Beans Tea Roll Frozen Peach Cup

**Sandwich Box:**
Smoked Turkey & Mozzarella Sandwich
Fresh Grape Tomatoes
Good & Crafty Caesar Salad Frozen Peach Cup
Chef Salad: Diced Egg White American, Lettuce & Spinach Mix, Tea Roll
Roasted Red Pepper Hummus Box

**Cycle 6**
**February 5**
**Breakfast**
A+ Biscuit
Frozen Peach Cup

**Lunch**
Cheese Breadstick with Pasta Sauce
X-Ray Vision Carrots Go Green! Fresh Spinach Salad Chilled Cinnamon Apple Sauce Sample: Fresh Grapefruit

**Sandwich Box:**
Turkey Deli Sandwich
X-Ray Vision Carrots Go Green! Fresh Spinach Salad Fresh Red Delicious Apple Roll
Chef Salad: Grilled Chicken Strips, American, Lettuce & Spinach Mix, Croutons, Breadstick
Roasted Red Pepper Hummus Box

**Cycle 7**
**February 6**
**Breakfast**
Warm Cinnamon Pancakes Fresh Kiwi

**Lunch**
BBQ Chicken Drumsticks Popped-Up Potatoes Western Beans Breadstick Fresh Banana

**Sandwich Box:**
Country Boy Sandwich Fresh Jams & Fruits Go Green! Fresh Spinach Salad Fresh Banana
Chef Salad: Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, Breadstick
Roasted Red Pepper Hummus Box

**Cycle 8**
**February 7**
**Breakfast**
Fluffy Egg Wrap Fresh Kiwi

**Lunch**
Country Beef Cutlet on a Bun X-Ray Vision Carrots Golden Corn Chocolate Chipper Cookies Fresh Kiwi

**Sandwich Box:**
Classic Sandwich
X-Ray Vision Carrots Fresh Grapes Tomatoes Fresh Kiwi Chocolate Chipper Cookies
Chef Salad: Beef Taco Salad with Black Salad, White American, Lettuce & Spinach Mix, Tortilla Chips, Chocolate Chipper Cookie Roasted Red Pepper Hummus Box

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**Nutrition Facts**

**For Early Release 1 Lunch per Day**

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<tr>
<th></th>
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<tbody>
<tr>
<td>Calories</td>
<td>619</td>
<td>424</td>
<td>380</td>
<td>346</td>
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<tr>
<td>Protein</td>
<td>17.0 g</td>
<td>11.0 g</td>
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<tr>
<td>Total Fat</td>
<td>29.0 g</td>
<td>20.0 g</td>
<td>18.7 g</td>
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<tr>
<td>Cholesterol</td>
<td>76 mg</td>
<td>53 mg</td>
<td>49 mg</td>
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<tr>
<td>Sodium</td>
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<td>561 mg</td>
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<td>Carbohydrate</td>
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<td>Dietary Fiber</td>
<td>14.0 g</td>
<td>10.0 g</td>
<td>9.9 g</td>
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**Monday, February 3**

- **Lunch:** General Tso Chicken with Steamed Brown Rice, Go Green! Fresh Spinach Salad, Steamed Peas/Carrots Mix, Chilled Diced Peaches
- **Sandwich Box:** Pastrami & White American Sandwich, Fresh Grape Tomatoes, Go Green! Fresh Spinach Salad, Chilled Diced Peas, Chef Salad: Turkey Deli, Mozzarella, Lettuce & Spinach Mix, Broccoli, Roasted Red Pepper Hummus Box

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**Menu Key:**
- **New Item**
- **Locally grown**
- **Contains beans and/or peas which have been harvested dry**
- **Contains pork**
- **Contains beef**
- **White-green**
- **Spicy**
- **Dairy**
- **Contains fish**
- **Lemon**
- **Cereal**

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

- **Breakfast:** Offered daily - Hot Oatmeal or Cold Cereal or Yogurt & Graham Crackers & Chilled Juice

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**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 531-299-8989. 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.