Fats: Eating the Right Kinds!

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.
- 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!

Eat Local.

Happy Valentine’s Day

This institution is an equal opportunity provider.

Lunch Prices

<table>
<thead>
<tr>
<th>School Year</th>
<th>Full Paid</th>
<th>Reduced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elem.</td>
<td>$1.45 .40</td>
<td>.75 .40</td>
</tr>
<tr>
<td>Adult</td>
<td>$3.75 .40</td>
<td>.40</td>
</tr>
<tr>
<td>Milk</td>
<td>$0.35</td>
<td></td>
</tr>
</tbody>
</table>

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

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.
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**Fats: Eating the Right Kinds!**

- **Good fats**
  - The unsaturated fats:
    - **The Omega-3 fatty acids** are found in oily fish like tuna and salmon.
    - The **polyunsaturated fats** are found in most vegetable oils.
    - **Monounsaturated fats** found in avocados, olives, and peanuts.

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**Weekly Menus**

- **Cycle 4**: Monday February 3 - Friday February 7
  - **Breakfast**: February 3 - Cold Cereal, Vanilla Bear Grahams, Applesauce Cup, White Milk
  - **Breakfast**: February 4 - Cinnamon Glazed French Toast, Chilled Diced Pears, White Milk
  - **Breakfast**: February 5 - Egg & Cheese Biscuit, Frozen Peach Cup, White Milk
  - **Breakfast**: February 6 - Warm Cinnamon Pancakes, Fresh Kiwi, White Milk
  - **Breakfast**: February 7 - Fluffy Egg Wrap, Fresh Banana, White Milk

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**Weekly Menus**

- **Cycle 5**: Monday February 10 - Friday February 14
  - **Breakfast**: February 10 - Cinnamon Glazed French Toast, Chilled Diced Pears, White Milk
  - **Breakfast**: February 11 - Cold Cereal, White Milk
  - **Breakfast**: February 12 - Egg & Cheese Biscuit, Frozen Peach Cup, White Milk
  - **Breakfast**: February 13 - Hot Apple Oatmeal, Vanilla Bear Grahams, White Milk
  - **Breakfast**: February 14 - NO SCHOOL

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Lunch per Day</th>
<th>Week Avg.</th>
<th>Serving Size</th>
<th>1 Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>616</td>
<td>20 cal</td>
<td>72 gm</td>
<td>893 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>5 g</td>
<td>61 mg</td>
<td>31 gm</td>
<td>83 gm</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8 g</td>
<td>6 cal</td>
<td>32 gm</td>
<td>6 cal</td>
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<tr>
<td>Cholesterol</td>
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<td>61%</td>
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<td>67%</td>
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<tr>
<td>Sodium</td>
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<td>70%</td>
<td>20 cal</td>
<td>66%</td>
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<td>Carbohydrate</td>
<td>20 cal</td>
<td>12%</td>
<td>20 cal</td>
<td>8%</td>
</tr>
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<td><strong>Sodium</strong></td>
<td><strong>10527 mg</strong></td>
<td><strong>70%</strong></td>
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</tr>
</tbody>
</table>

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**Menu Key:**
- (     ) New item
- (       ) Spicy
- (      ) Fish product
- (      ) Meatless item
- (      ) Locally grown
- (      ) Whole-grain
- (      ) Vegetarian choices
- (      ) No Pork products are served at Head Start
- (      ) Yogurt Meals offered daily at lunch include vegetarian choices.

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**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

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