


Fresh Ideas for Breakfast

March 1-31, 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Waffle Turkey Sausage Fresh fruit Milk	2 Croissant Turkey Sausage Fresh Fruit Milk	3 Egg and Cheese Sandwich on bun Fresh Fruit Milk	4 Yogurt Granola Bar Fresh Fruit Milk
7 Cereal Fruit Muffin Fresh Fruit Milk	8 French Toast Turkey Sausage Fresh Fruit Milk	9 Biscuit Yogurt Fresh Fruit Milk	10 Pancake Turkey Sausage Fresh Fruit Milk	11 Croissant Egg Patty Fresh Fruit Milk
14 NO SCHOOL	15 NO SCHOOL	16 NO SCHOOL	17 NO SCHOOL 	18 NO SCHOOL
21 Granola Bar Yogurt Fresh Fruit Milk	22 Egg and Cheese Sandwich on a Bun Fresh Fruit Milk	23 Waffle Turkey Sausage Fresh Fruit Milk	24 Croissant Turkey Sausage Fresh Fruit Milk	25 Breakfast Burrito Fresh Fruit Milk
28 Graham Crackers Yogurt Fresh Fruit Milk	29 Pancake on a Stick Fresh Fruit Milk	30 Croissant Egg Patty Fresh Fruit Milk	31 Turkey Sausage and Cheese Sandwich on a Bagel Milk	

All Fresh Ideas menus are subject to change due to product shortage or program needs.

FRESH IDEAS HEALTH CORNER



Cinnamon-Honey Grapefruit

- * 1 medium grapefruit
- * 2 teaspoons honey
- * Dash ground cinnamon

Directions

* Cut each grapefruit in half. With a sharp knife, cut around each section to loosen fruit. Place cut side up in a baking pan.
* Drizzle each half with 1 teaspoon honey; sprinkle with cinnamon. Broil 4 in. from heat for 2-3 minutes or until bubbly. Serve warm. Yield: 2 servings.

Nutrition Facts: 1/2 grapefruit equals 63 calories, trace fat (trace saturated fat), 0 cholesterol, trace sodium, 16 g carbohydrate, 1 g fiber, 1 g protein. Diabetic Exchanges: 1/2 starch, 1/2 fruit.

MARCH IS NUTRITION MONTH ®!

Including a variety of fruits, vegetables, whole grains, and lean proteins into each meal will help ensure that your body gets the right amount of the essential nutrients.

Processed foods tend to lose many of their vitamins during the manufacturing process and often have other less healthy ingredients added such as corn syrup and trans fats. Replacing processed foods in your diet with more fresh foods like fruits, vegetables and whole grains helps promote a healthy diet.

HEALTHY EATING TIPS

- Eat smaller meals including a vegetable as the center of the plate, with smaller meat and starch servings. Include at least one serving of fruit and vegetable with every meal.
- Drink more water between meals; try veggies or a handful of nuts for a snack and fresh fruit for something sweet.
- Reduce intake of fried foods and trans fats found in processed and baked foods
- Read food labels and reduce the amount of added sugar, corn syrup and salt in the diet. Use fresh herbs and spices to season food instead.

(National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. This year's theme is "Eat Right with Color." More information is available by visiting <http://www.eatright.org>.)

Fresh Ideas for Lunch

March 1-31, 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hamburger Green Beans Fresh fruit Milk	2 Beef Vegetable Stew Roll Fresh Fruit Milk	3 Chicken Nuggets Corn Fresh Fruit Milk	4 Spanish Rice w/ Ground Beef Mixed Veg. Fresh Fruit Milk
7 Mini Corndogs Broccoli Cheese Rice Fresh Fruit Milk	8 Spaghetti w/ Roll Roll Salad Fresh Fruit Milk	9 Burrito Vegetable Chili Fresh Fruit Milk	10 Turkey Sandwich Carrot Sticks Fresh Fruit Milk	11 Papa John's Pizza Tossed Salad Fresh Fruit Milk
14 NO SCHOOL	15 NO SCHOOL	16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL
21 Chicken Pot Pie Roll Fresh Fruit Milk	22 Chicken Stir Fry with Vegetable Fresh Fruit Milk	23 Nachos Beef, Cheese & Tomatoes Fresh Fruit Milk	24 Mexican Chicken & Rice Green Beans Fresh Fruit Milk	25 Crispito Cucumbers Fresh Fruit Milk
28 Mostaccioli Salad Fresh Fruit Milk	29 Hearty Beef Vegetable Soup Crackers Fresh Fruit Milk	30 Chicken Fried Rice Oriental Vegetables Fresh Fruit Milk	31 Meatloaf Green Beans Fresh Fruit Milk	

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