

February 2018

Jasper High School



Student meals contain an age appropriate serving from each food group: Protein, Dairy, Fruit, Vegetable, and Grain.



Nutrition Tip: Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.

Monday

Tuesday

Wednesday

Thursday

Friday



Country Fried Steak **1**
Dinner Roll
Mashed Potatoes & Gravy
Roasted Carrots
Fruit
100% Juice
Milk

Chicken Quesadilla **2**
Salsa
Green Beans
Fruit
100% Juice
Milk
Brownie

Chicken Patty on Bun **5**
Baked Beans
Sweet Potato Bites
Fruit
100% Juice
Milk

Sausage, Egg & Cheese **6**
Sandwich
Tater Tots
Fresh Fruit
100% Juice
Milk

Corndog **7**
Carrot Sticks & Dip
Fruit
100% Juice
Milk
Cookie

Chicken Fajita Wrap **8**
RF Doritos
Steamed Broccoli
Fruit
100% Juice
Milk

Chicken & Dumplings **9**
Dinner Roll
Green Beans
Fruit
100% Juice
Milk

Chili Dog on Bun **12**
Baked Beans
Sweet Potato Fries
Fruit
100% Juice
Milk

Cheeseburger **13**
Fries
Fresh Fruit
100% Juice
Milk

Cheese Bosco Sticks **14**
Marinara Sauce
Green Beans
Fruit
100% Juice
Milk

Spaghetti with Meat Sauce **15**
Breadstick
Garden Salad
Fresh Fruit
100% Juice
Milk

Deep Dish Cheese Pizza **16**
Peas
Fruit
100% Juice
Milk

Chicken Nuggets **19**
Dinner Roll
Mashed Potatoes & Gravy
Corn
Fruit
100% Fruit Juice
Milk

Soft Shell Beef Taco **20**
Lettuce and Cheese
Refried Beans
Fruit
100% Juice
Milk

Beef Ravioli **21**
Garlic Bread
Steamed Broccoli
Fruit
100% Juice
Milk

National Chili Day! **22**
Chili Soup
PB&J Sandwich
Baby Carrots & Dip
Fruit
100% Juice
Milk

Fish Sandwich **23**
Macaroni & Cheese
Green Beans
Fruit
100% Juice
Milk

Cheeseburger Mac **26**
Dinner Roll
Baked Beans
Fruit
100% Juice
Milk
Cookie

Chicken Parmesan **27**
on Bun
Peas
Baked Lays
Fruit
100% Juice
Milk

Pancakes with Syrup **28**
Sausage Links
Sweet Potato Bites
Fruit
100% Juice
Milk

February is National Sweet Potato Month!
Did You Know...

- Sweet potatoes provide greater amounts of vitamins and minerals than typical white potatoes.
- Sweet potatoes contain more beta-carotene than carrots.
- Sweet potatoes are rich in heart-healthy vitamin E.