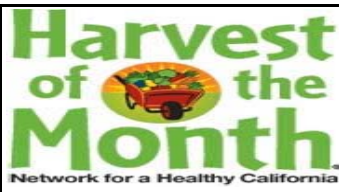


**FEBRUARY 2012 ~ LUNCH MENU**



**FEBRUARY  
DRY BEANS**



**Reasons to Eat Dry Beans**

A ½ cup of most dry bean varieties (garbanzo, kidney, lima) provides:  
 ~ An excellent source of fiber and folate.  
 ~ A good source of plant protein.\*  
 ~ A good source of iron, potassium, and phosphorus.

**Champion Sources of Plant Protein:\***

- ~ Dry beans
- ~ Peanut butter
- ~ Peas
- ~ Sunflower seeds
- ~ Soybeans (edamame, tofu)



\*Provide a good or excellent source of protein.  
 Source: [www.nal.usda.gov/fnic/foodcomp/search](http://www.nal.usda.gov/fnic/foodcomp/search)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6 <b>SICILIAN STYLE WEDGE PEPPERONI PIZZA*</b> GREEN SALAD w/BEANS APPLE	7 <b>CHICKEN SANDWICH</b> LETTUCE & PICKLE SWEET POTATOES FRUIT BAR	1 <b>BBQ PORK SANDWICH</b> BABY CARROTS BANANA CORN CRUNCHIES	2 <b>CHICKEN TENDERS</b> PARMESAN QUINOA GREEN SALAD FRESH PEAR	3 <b>TURKEY &amp; GRAVY</b> MASHED POTATOES GREEN BEANS & ROLL MANDARIN ORANGE PUDDING
13 <b>CHICKEN TENDERS</b> BAKED FRIES APPLE CORN BREAD	14 <b>CORN DOG</b> THREE BEAN SALAD KIWI FRUIT VALENTINE COOKIE	15 <b>FISH SANDWICH</b> LETTUCE & PICKLE FIESTA CORN FRUIT JERKY	9 <b>TROPICAL BLAST FRENCH TOAST STICKS</b> SCRAMBLED EGGS WITH BACON & CHEESE POTATOES & APPLESAUCE	10 <b>PORK SOFT TACO*</b> (W/W PITA GORDITA & PORK) LETTUCE-TOMATO-CHEESE MANDARIN ORANGE
20 <b>PRESIDENT'S HOLIDAY</b> 	21 <b>BAJA BURRITO</b> (CHICKEN, RICE & CHEESE) BABY CARROTS APPLE SLICES CEREAL BAR	22 <b>CHICKEN SANDWICH</b> LETTUCE & PICKLE CONFETTI FRIES FRUIT TWIST	16 <b>SWEET &amp; SOUR CHICKEN</b> BROCCOLI & CARROTS BROWN RICE FRESH PEAR SUNFLOWER SEEDS	17 <b>PRESIDENT'S HOLIDAY</b> 
27 <b>MINI CHEESEBURGERS</b> LETTUCE & PICKLE FRESH VEGETABLE APPLE	28 <b>CHEESE QUESADILLAS</b> REFRIED BEANS JICAMA STICKS ROSY PEARS	29 <b>PEPPERONI PIZZA BAGEL</b> SALAD MANDARIN ORANGE RICE KRISPY BITE	23 <b>BBQ PORK DIPPERS*</b> BBQ BEANS CARROTS FRUIT COCKTAIL CORNMEAL SUPER STAR	24 <b>MACARONI &amp; CHEESE</b> BROCCOLI BANANA WHOLE WHEAT ROLL

All meals include a choice of 1% unflavored milk or non-fat chocolate milk. \*May contain pork \*\*Contains peanuts and/or tree nuts.

**Healthy Serving Ideas**

Add lima or kidney beans to salads. Mix lentils into your favorite casseroles instead of meat. Add navy beans to soups for protein. Sprinkle black beans on top of pizza for added flavor and fiber. Make a tasty dip or hummus using your favorite beans.

**What's in Season?**

Dry beans are in season all year long and can be found in many colors, sizes, and varieties. They can also be found canned and frozen. Try these other good or excellent sources of plant protein: nuts, peanut butter, peas, sunflower seeds, and soybeans (as edamame or tofu).

**What is Protein?**

- ~ Protein is found in the bones, muscles, hair, skin, and most tissues and organs in our bodies.
- ~ Proteins also form enzymes and hormones that help regulate bodily functions.
- ~ Some proteins form antibodies that keep us healthy by fighting disease and infection. Others build connective tissues that hold our muscles and joints in place.
- ~ Proteins are formed from amino acids, which are like "building blocks."
- ~ Our bodies use 20 different amino acids. Our bodies make 11 of these, and they are called "nonessential." Nine are "essential" amino acids, meaning the body cannot make them and the foods we eat must supply them.