

Blood Orange Sample



**Friday,
February 3**

**Menu subject
To change**

**Pre Kindergarten
FEBRUARY 2012**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The blood orange has a scary name, but if you've ever tried one, you know that they're anything but scary. Blood oranges are actually delicious! They are a little bit sweeter than an orange, but also have a hint of raspberry taste to them. You'll be able to sample them on Friday, so don't be afraid to pick one up and find out how tasty they can be!</p>		<p>1 Sausage Kolache</p> <p>Beef & Cheese Nachos Crispy Raw Carrots/Dip Gelatin w/Mixed Fruit Fresh Seedless Grapes</p>	<p>2 Potato & Egg 🐷 or Bean & Cheese Taco 🐷</p> <p>Grilled Chicken/Wheat Bun Tater Tots Sweet Potato Squares Seasonal Fresh Fruit</p>	<p>3 Sausage & Biscuit</p> <p>Spaghetti w/Meat Sauce Hot Garlic Bread Whole Kernel Corn Chilled Sliced Peaches Fresh Apple Wedge</p>
<p>6 Waffle Sticks w/Syrup</p> <p>Hot Dog/ Wheat Bun Macaroni & Cheese Tossed Salad/Ranch Frozen Juice Bar Fresh Orange Smiles</p>	<p>7 Blueberry Muffin & Yogurt</p> <p>Chicken Nuggets Hot Wheat Roll Broccoli/ Cheese Sauce Chilled Pineapple Tidbits Seasonal Fresh Fruit</p>	<p>8 Chicken & Biscuit</p> <p>Crispy Beef Taco Spanish Rice Seasoned Pinto Beans 🐷 Chilled Pear Half Fresh Banana</p>	<p>9 Pancake & Sausage Wrap</p> <p>Pepperoni Pizza 🐷 Hot Garlic Bread Celery/Peanut Butter Gelatin w/Peaches Seasonal Fresh Fruit</p>	<p>10 Cinnamon Roll</p> <p>Hamburger/Wheat Bun Spicy Hashbrowns Apple Crisp Fresh Kiwi</p>
<p>13 French Toast & Sausage</p> <p>Chicken Alfredo Hot Garlic Bread Sweet Green Peas Cinnamon Apples Fresh Strawberries</p>	<p>14 Potato & Egg 🐷 or Bean 🐷 & Cheese Taco</p> <p>Pizza Cheese Sticks 🐷 Focaccia Bread Stick Whole Kernel Corn Chilled Fruit Cocktail Seasonal Fresh Fruit</p>	<p>15 Breakfast Pizza</p> <p>Beef & Cheese Nachos Seasoned Pinto Beans 🐷 Chilled Applesauce Fresh Seedless Grapes</p>	<p>16 Yogurt & Toast</p> <p>Breaded Chicken/Wheat Bun Tater Tots Chilled Pear Slices Seasonal Fresh Fruit</p>	<p>17 Cinnamon Roll</p> <p>Steak Fingers Hot Wheat Roll Mashed Potatoes Chilled Mandarin Oranges Fresh Apple Wedges</p>
<p>20 <i>Staff Development Day</i></p>	<p>21 Sausage Kolache</p> <p>Chicken Fried Steak Hot Wheat Roll Mashed Potatoes Frozen Juice Bar Seasonal Fresh Fruit</p>	<p>22 Top Your Toast</p> <p>Cheese Enchilada 🐷 Spanish Rice Seasoned Pinto Beans 🐷 Chilled Fruit Mix Fresh Banana</p>	<p>23 Potato & Egg 🐷 or Bean & Cheese Taco 🐷</p> <p>Sweet Asian Chicken Fried Rice Tossed Salad/Ranch Gelatin w/Pears Seasonal Fresh Fruit</p>	<p>24 Sausage & Biscuit</p> <p>Chopped BBQ/ Wheat Bun Sweet Potato Fries Chilled Pineapple Tidbits Fresh Kiwi</p>
	<p>27 Waffle Sticks w/Syrup</p> <p>Cheese Pizza 🐷 Hot Garlic Bread Mixed Green Salad/Ranch Chilled Applesauce Fresh Strawberries</p>	<p>28 Blueberry Muffin & Yogurt</p> <p>Chicken Tenders Hot Wheat Roll Mashed Potatoes Chilled Mandarin Oranges Seasonal Fresh Fruit</p>	<p>29 Chicken & Biscuit</p> <p>Beef & Cheese Nachos Crispy Raw Carrots/Dip Gelatin w/Mixed Fruit Fresh Seedless Grapes</p>	<p>Did You Know? Blood oranges get their dark red color from a red pigment antioxidant called anthocyanin. This red color only develops if the temperatures are low at night while the orange is growing.</p>
<p>Alternate Meals – All served with choice of Fruits or Vegetables</p>				
<p>Monday Chicken Sliders (Feb 6 & 20) Beef Sliders (Feb 13 & 27)</p>	<p>Tuesday Baked Potato w/Cheese 🐷 Wheat Roll</p>	<p>Wednesday Yogurt & Oatmeal Bar 🐷</p>	<p>Thursday Turkey Wrap (Feb 2 & 16) Ham Wrap (Feb 9 & 23)</p>	<p>Friday Corn dog</p>

🐷 = Pork Product 🐷 = Meatless Entrée

[View nutritional values at www.neisd.net/foodserv/HTML](http://www.neisd.net/foodserv/HTML)

Heart Healthy Foods

P	S	N	I	B	L	A	H
O	A	T	M	E	A	L	C
A	L	M	E	R	T	M	A
P	M	V	V	R	O	O	N
P	O	W	P	I	V	N	I
L	N	A	U	E	K	D	P
E	H	G	B	S	N	S	S
A	V	O	C	A	D	O	R



Breakfast includes two entrée items & choice of juice, fresh or chilled canned fruit. Cereal & toaster pastries are available as alternate breakfast entrées.

Breakfast entrée items that equal 2 entrées are: Breakfast Pizza, Breakfast Tacos, Cinnamon Roll, Sausage Kolache

A Chicken Chef Salad is available daily at lunch. Lunch includes the following fruit or vegetable choices.

Featured Lunch Entrée, Sliders, Wrap, Yogurt Plate and Corndog – 3 choices, Baked Potato - 2 choices, Chef Salad - 1 choice

Breakfast and lunch include a choice of 1% lowfat white, skim white, chocolate, vanilla milk, lactose free milk and soy milk.

Students may decline any breakfast or lunch menu item, however, a minimum of 3 items must be selected.

See Cafeteria manager or web site for details.

See if you can find these words

ALMONDS SALMON
 AVOCADO SPINACH
 APPLE OATMEAL
 BERRIES

AVERAGE WEEKLY LUNCH NUTRITIONAL SUMMARY FOR					
Week Beginning	Total Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)
Feb 1	749.5	21.1	8.2	33.0	107.
Feb 6	722.1	23.1	7.5	31.8	98.9
Feb 13	678.7	21.0	7.2	40.9	92.3
Feb 20	793.7	23.9	9.2	35.7	110.
Feb 27	675.9	21.0	7.4	30.9	93.1

[View detailed nutritional values](#)

Meal Prices	
Student Lunch	\$1.80
Student Breakfast	\$0.90
Guest Lunch	\$3.10
Guest Breakfast	\$1.60
Student Reduced Breakfast	\$0.30
Student Reduced Lunch	\$0.40

You can enjoy blood oranges by themselves as a healthy snack. You can also include them in a healthy salsa that can be added to fish, chicken, tacos, or used as a dip. Here is a recipe for blood orange salsa from

www.epicurious.com:



Blood Orange Salsa

(should be prepared by an adult)

- 1 blood orange
- 1/2 cup of 1/3 inch avocado cubes
- 1/3 cup chopped red onion
- 2 teaspoons minced jalapeno
- 2 teaspoons fresh lime juice
- Salt (optional)

1. Using a small, sharp knife cut the peel and white pith from the orange. Working over a small bowl, cut between the membranes to release the segments.
2. Add the avocado, onion, jalapeno, and lime juice to the oranges in the bowl; stir gently to blend.
3. Season to taste with salt.

Returned checks may be recovered electronically along with the state allowed fee.

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