



KID'S WAY CAFE

February 2010

MAIN EVENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breaded Beef Fingers, oven baked fries 1	Chicken Fajitas, Refried Beans 2	Pepperoni or Cheese Pizza 3	Nacho Supreme, with beans 4	Pepperoni or Cheese Pizza 5
Breaded Chicken with potato wedges 8	Cheese Quesadillas, refried beans 9	Pepperoni or Cheese Pizza 10	PARENT TEACHER-CONFERENCE 11:30 DISMISSAL NO LUNCH	Pepperoni or Cheese Pizza 12
PRESIDENT'S DAY NO SCHOOL 15	Breakfast for lunch 16	Pepperoni or Cheese Pizza 17	Beef tacos with beans 18	Pepperoni or Cheese Pizza 19
Teriyaki beef Dippers, white rice, fortune cookie 22	Macaroni and cheese, vegetables and dinner roll 23	Pepperoni or Cheese Pizza 24	Spaghetti with meat sauce, vegetables and roll 25	Pepperoni or Cheese Pizza 26



GRILL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburgers	Turkey Frank on Bun	BBQ Rib Sandwich or Hamburger	Chicken Patty	Turkey Frank on Bun
Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito
Ham & Cheese Sandwich W/ Chips	Turkey & Cheese Sandwich W/ Chips	Bologna & Cheese Sandwich W/ Chips	Ham & Cheese Sandwich W/ Chips	Turkey Sandwich W/ Chips
				Tuna

DELI

FROM THE GARDEN

Every day we have an All-You-Can-Eat Salad Bar full of fresh fruits and veggies!!



Monday	Tuesday	Wednesday	Thursday	Friday
Corn	Green Beans	<i>Produce of the Month</i>	Vegetarian Beans	Corn
Carrot & Celery Sticks	Carrot & Celery Sticks	Carrot & Celery Sticks	Carrot & Celery Sticks	Carrot & Celery Sticks
Broccoli	Broccoli	Broccoli	Broccoli	Broccoli
Orange	Banana	<i>Apple</i>	Orange	Apple
Pineapple	Applesauce	Mixed Fruit	Peaches	Pears
Salad Mix	Salad Mix	Salad Mix	Salad Mix	Salad Mix

Achievement: Cooking Sharpens Your Mind

Cooking with kids can teach some essential basic cooking techniques while also sharpening their reading and math skills as they read recipes and measure ingredients. Kids also gain knowledge about food science as they combine ingredients and watch as their creations “come to life”. Cooking with kids also offers an excellent opportunity to talk about the importance of good nutrition and helps lay the groundwork for healthy eating in the future. Better yet, cooking with kids is easy and fun! Five and six year olds can measure ingredients, cut soft foods with a blunt knife, set the table, and garnish foods. Seven and eight year olds can help plan a meal, roll and shape cookies, beat ingredients with a whisk, find ingredients in the cupboard, and make a salad. Finally, Nine- to twelve year olds can open cans, use the microwave oven, prepare simple recipes, shred cheese and vegetables and use an oven and knife under supervision.

Cranberries . . . For Your Well-Being

According to the US Centers for Disease Control and Prevention, heart disease is the leading cause of death in the US for both men and women. Eating a heart healthy diet is one important step you can take to reduce your risk of heart disease. Whole cranberries are a good source of dietary fiber, and all cranberry products contain antioxidants such as Vitamins A, C and E as well as flavonoids and polyphenols which offers many health benefits.

True or False: Drinking cranberry juice promotes urinary tract health because the juice increases the acidity of urine in the bladder and therefore kill the bacteria that cause urinary tract infections.

Answer: False—Cranberries contain compounds called proanthocyanidins (PACs) that have strong bacterial anti-sticking properties. Instead of bacteria sticking to the bladder wall and causing an infection, the bacteria get flushed out in the urine.

Did you know . . . Cranberries are ranked in the top 5 foods that have the highest antioxidant content per serving. Try fresh or dried cranberries, the Cranberry Orange Relish recipe on the right or 100% cranberry juice TODAY!

Cranberry Orange Relish Ten 2-ounce servings

1 Orange, washed and dried
1 (12 ounce) bag Fresh Cranberries
1/2 cup Sugar
1/8 teaspoon Cinnamon

Cut unpeeled orange into large chunks. Pulse orange chunks, cranberries, sugar and cinnamon in a food processor until finely chopped.

Refrigerate in a large bowl, covered for a least two hours to allow the flavors to combine.

Refrigerate up to 3 days.

Calories: 60
Total Fat: 0g Protein: 0g
Total Carbohydrate: 15g