

Families Making the Connection

Be Heart Smart with Seafood

Celebrate **American Heart Month** by making seafood the main protein on your plate twice a week. Try to eat about 8 ounces of seafood each week (limit white tuna to 6 ounces per week). Fish and shellfish contain a variety of important nutrients like protein, iron, zinc and healthy fats (omega-3 fats). It's heart smart! Try these tips to help you eat more:

Keep it lean and flavorful. Spices and herbs are great flavor enhancers for seafood. Try dill, chili powder, paprika or cumin. Lemon or lime juice also kicks up the flavor. Grill, broil, roast or bake seafood rather than frying it.

Vary your choices. Go for fish like salmon, herring, sardines, pollock, trout, catfish, and flounder. Shellfish counts, too! Try oysters, mussels, clams and calamari (squid). Think mussels marinara, cioppino (seafood stew), steamed clams or pasta with calamari.

Have it on hand. Canned salmon, tuna or sardines are quick and easy to use. Canned white tuna is higher in omega-3 fats, but canned "light" tuna is lower in mercury.

Get creative. Go beyond the fish fillet. Try salmon patties (see recipe on the back), shrimp stir fry or grilled fish tacos.

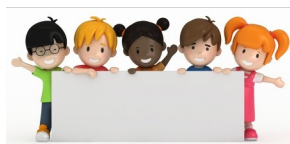
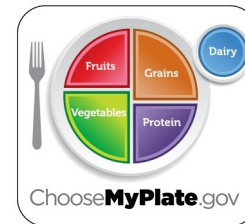
Shop smart. Eating more seafood doesn't have to be expensive. Tilapia, canned tuna and some frozen seafood are usually lower cost options. Check for specials and coupons for seafood at your local store.

February

- American Heart Month
- Children's Dental Health Month

Menus for February 2013

Fort Bragg Schools



Families Eating Smart and Moving More

Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:

- Prepare and eat more meals at home.
- Tame the tube.
- Choose to move more every day.
- Right-size your portions.
- Re-think your drink.
- Enjoy more fruits and vegetables.
- Breastfeed your baby.

By promoting good nutrition in the places where our children eat – at home and at school – we can have a greater impact on their health. Encourage your child's healthy eating habits by supporting school meals!

Friday, February 1



Teacher Workday -
Non Student Day



Monday, February 4

Whole Grain Croissant
Or
Toasty O's Cereal
Orange Juice or Apple Wedges
Toast w/ Jelly
LUNCH
CHOOSE ONE
Chicken Sandwich
Baked Potato w/ Meat &
Cheese w/ Roll
CHOOSE TWO
Green Beans
Steamed Broccoli
Orange Wedges
Lettuce w/ Pickle Chips
CHOICE OF COLD MILK

Tuesday, February 5

Waffle w/ Sausage Link
Or
Cheerios Cereal
Grape Juice or Sliced Peaches
Toast w/ Jelly
LUNCH
CHOOSE ONE
Turkey Pasty w/ Roll
Cheeseburger
CHOOSE TWO
Sweet Potato Fluff
Pinto Beans
Coleslaw
Apple Wedges
CHOICE OF COLD MILK

Wednesday, February 6

Scramble Eggs w/ Grits
Or
Cinnamon Toast Cereal
Apple Juice or Orange Wedges
Toast w/ Jelly
LUNCH
CHOOSE ONE
Pepperoni Pizza
Turkey Deli Sandwich
CHOOSE TWO
Steamed Corn
Black Eyed Peas
Tossed Salad
Peaches
CHOICE OF COLD MILK



Thursday, February 7

Ham Biscuit w/Oatmeal
Or
Toasty O's Cereal
Orange Juice or Applesauce
Toast w/ Jelly
LUNCH
CHOOSE ONE
Bar-Q-Chicken w/ Roll
Hotdog w/ Chili
CHOOSE TWO
Creamed Potatoes
Steamed Collards
Red Jell-O w/ Mixed Fruit
Fresh Pears
CHOICE OF COLD MILK

Friday, February 8

Grilled Cheese Sandwich
Or
Cheerios Cereal
Apple Juice or Orange Wedges
Toast w/ Jelly
LUNCH
CHOOSE ONE
Fish Sticks w/ Cornbread
Hot Ham & Cheese Sandwich
CHOOSE TWO
Oven Baked Fries
Baked Beans
Peaches
Apple Wedges
CHOICE OF COLD MILK

Fit Foundations

Salmon Patties

Makes 9 servings
Serving size: 1 patty

Ingredients

- 1 can (15 1/2 ounce) drained salmon*
- 1 cup whole grain cereal or crackers
- 2 large eggs, lightly beaten
- 1/2 cup 1% fat milk
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

Directions

- In a medium bowl, use a fork or clean fingers to flake salmon until very fine.
- Crush cereal or crackers into crumbs. This may be done by placing the cereal or crackers in a resealable plastic bag and then crushing with a rolling pin, for example.
- Add cereal or cracker crumbs, eggs, milk and pepper to salmon. Mix thoroughly.
- Shape salmon mixture into 9 patties.
- Heat oil in a large skillet over medium heat.
- Add patties to the skillet and cook until browned on both sides and heated through.

Recipe tip: Serve salmon patties on a bed of mixed greens lightly dressed with olive oil and vinegar. Or, they can be served as a hamburger substitute. Place each patty on a whole grain bun with tomato and lettuce slices. Enjoy!

* This recipe can also be prepared with light canned tuna instead of salmon.


Children and pregnant and breastfeeding women:

A variety of seafood lower in mercury should be part of a healthy diet. To learn more, go to www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591.htm.



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Sources: www.choosemyplate.gov, www.recipefinder.nal.usda.gov

Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February	Friday, February 15
Pancake N' Sausage Or Toasty O's Cereal Toast w/ (Jelly) Orange Wedges or Apple Juice CHOICE OF COLD MILK LUNCH Chicken Sandwich Or Baked Potato w/ Meat & Cheese w/ Roll CHOOSE TWO Steamed Broccoli Steamed Corn Orange Wedges Apple Wedges CHOICE OF COLD MILK	Yogurt w/ Granola Or Cinnamon Toaster Cereal Fresh Pineapple or Orange Juice Toast w/ (Jelly) CHOICE OF COLD MILK LUNCH Spaghetti w/ Meat Sauce & French Bread Or Cheeseburger CHOOSE TWO Green Beans Glazed Carrots Garden Salad Sliced Peaches	Scramble Eggs w/ Grits Or Cheerios Cereal Apple Wedges or Grape Juice Toast w/ (Jelly) CHOICE OF COLD MILK LUNCH Cheese Pizza Or Sub Sandwich CHOOSE TWO Steamed Corn Garden Peas Spinach w/ Tomatoes Orange Wedges CHOICE OF COLD MILK	Breakfast Pizza Or Toasty O's Cereal Orange Wedges or Apple Juice Toast w/ (Jelly) CHOICE OF COLD MILK LUNCH Oven Baked Chicken w/ Roll Or Hotdog CHOOSE TWO Creamed Potatoes Pinto Beans Orange Jell-O w/ Pears Apple & Orange Wedges CHOICE OF COLD MILK	Grilled Cheese Sandwich Or Cheerios Cereal Grapes or Orange Juice Toast w/ (Jelly) CHOICE OF COLD MILK LUNCH Taco Salad w/ Chips Or Fish Sticks w/ Cornbread CHOOSE TWO Oven Baked Fries Baked Beans Cherry Tomatoes Sliced Peaches CHOICE OF COLD MILK
 <p>President's Day Holiday</p>	Waffle w/ Sausage Link Or Toasty O's Cereal Apple Wedges or Orange Juice Toast w/ Jelly CHOICE OF COLD MILK LUNCH Cheese Pizza Or Sloppy Joe on School Made Bun CHOOSE TWO Steamed Corn Green Beans Tossed Salad Fresh Apple CHOICE OF COLD MILK	Scramble Eggs w/ Grits Or Cinnamon Toast Cereal Orange Juice or Apple Wedges Toast w/ Jelly CHOICE OF COLD MILK LUNCH Turkey Sandwich w/ Gravy Or Spaghetti w/ Meat Sauce & French Bread CHOOSE TWO Sweet Potato Fluff Lima Beans Spinach w/ Cherry Tomatoes Orange Wedges CHOICE OF COLD MILK	Ham Biscuit w/ Oatmeal Or Cheerios Cereal Apple Juice or Pineapple Toast w/ Jelly CHOICE OF COLD MILK LUNCH Bar-B-Que Chicken w/ Roll Or Hamburger CHOOSE TWO Pinto Beans Creamed Potatoes Baked Apples Red Jell-O w/ Mixed Fruit CHOICE OF COLD MILK	Breakfast Pizza Or Cinnamon Toast Cereal Juice or Apple & Orange Wedges Toast w/ Jelly CHOICE OF COLD MILK LUNCH Fish Sticks w/ Cornbread Or Macaroni & Cheese w/ Roll CHOOSE TWO Oven Baked Fries Baked Beans Coleslaw Orange Wedges CHOICE OF COLD MILK
Whole Grain Croissant Or Toasty O's Cereal Orange Juice or Apple Wedges Toast w/ Jelly CHOICE OF COLD MILK LUNCH Chicken Sandwich Or Baked Potato W/ Meat & Cheese w/ Roll CHOOSE TWO Green Beans Steamed Broccoli Orange Wedges Lettuce w/ Pickle Chips CHOICE OF COLD MILK	Scramble Eggs w/ Grits Or Cinnamon Toast Cereal Apple Juice or Orange Wedges Toast w/ Jelly CHOICE OF COLD MILK LUNCH Turkey Pastry w/ Roll Or Cheeseburger CHOOSE TWO Sweet Potato Fluff Pinto Beans Coleslaw Apple Wedges CHOICE OF COLD MILK	Sausage Biscuit w/ Oatmeal Or Cheerios Cereal Grape Juice or Sliced Peaches Toast w/ Jelly CHOICE OF COLD MILK LUNCH Pepperoni Pizza Or Turkey Deli Sandwich CHOOSE TWO Steamed Corn Black Eyed Peas Tossed Salad Peaches CHOICE OF COLD MILK	Pancake N' Sausage Or Toasty's Cereal Orange Juice or Applesauce Toast w/ Jelly CHOICE OF COLD MILK LUNCH Oven Baked Chicken w/ Roll Or Hotdog CHOOSE TWO Parsley Potatoes Garden Peas Red Jell-0 w/ Pears Coleslaw CHOICE OF COLD MILK	