### FEBRUARY 2021 TEXAS MENU

#### SUPPER

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sunbutter, Apple Slices, &amp;</td>
<td>Corn Dog</td>
<td>Pancake Sandwich</td>
<td>Bold Bites, Cheese Cubes</td>
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<td></td>
<td>Graham Crackers</td>
<td>Vegetable of the Day</td>
<td>Yogurt</td>
<td>and Cheez-it’s</td>
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**OFFERED DAILY AT SUPPER**
- Assorted Fresh Fruit
- FF Milk
- 1% Milk
- Whole Grains
- Colorful Vegetables

**SATURDAY MENU**
- Cheese Stick and Pretzels
- Vegetable of the Day

**SUNDAY MENU**
- Chicken Strips
- Vegetable of the Day

**NOTICE:**
Due to COVID 19, product availability is not stable, and this menu is subject to change without notice based on availability.

**NOTE:**
This institution is an equal opportunity provider.
February is American Heart Month!

Did you know that 1 in 5 teens in the U.S. has abnormal cholesterol? Higher than normal cholesterol in teens can put them at risk of heart disease, high blood pressure, and diabetes as they grow older. Therefore, February is dedicated to focusing on keeping our hearts healthy and strong! To keep your scholar’s heart pumping the way it should:

1. **Getting breathless:** 30 minutes of active exercise, at least 5 days a week can keep your scholar’s heart pumping the way it should.

2. **Moving as a family:** when everyone in the family gets involved, it’s easier to build exercise into your daily schedule.

3. **Eating a heart-healthy diet:** switch from white to whole grain foods, include more greens in your meals, substitute beef for chicken or fish, and focus on eating low-fat dairy products.

Focus on your heart now can help you stay healthy for the rest of your life!

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**DID YOU KNOW?**

**JOKE OF THE MONTH**

What do you call someone who raps about vegetables? Answer at the bottom!

**NUTRITION CORNER**

How sweet it is...or is it?

Did you know that the average adult in America consumes around 77 grams of sugar every day? That equals about 60 pounds of sugar per year! On the other hand, children in America consume around 81 grams of sugar per day or 65 pounds per year. The most common source of sugar comes from sugar sweetened beverages such as sodas, sports drinks such as Gatorade and juice. The American Heart Association recommends about 6 teaspoons of sugar per day for women/children and 9 teaspoons of sugar per day for men. For reference, one 12 oz soda contains 8 teaspoons of sugar. Eating and drinking too much sugar can increase your risk of various health concerns including high blood pressure, depression, Type 2 Diabetes, weight gain, and decreased energy levels. Simple swaps are a great and easy way to make a big difference long-term for overall heart health.

Some simple swaps you can do at home include:

- Replacing at least one soda with a sparkling or flavored water
- Choose fruit as one of your daily snacks
- Choosing dark chocolate (at least 70%) over milk or white chocolate

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**Harvest of the month resources can be accessed by clicking HERE or visiting IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP**

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Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW, Washington, DC 20250-9460;
2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov.

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