




Florida Union Free School District

S. S. Seward Institute Menu

February 2012

<p style="text-align: center;">School Prices</p> <p>Lunch \$2.65</p> <p>Breakfast \$1.40</p> <p>Milk \$.50</p>			<p>1 Inge's Beef Barley Soup Steak&Cheese Sandwich Oven Potato Wedges Steamed Broccoli Assorted Fruit Choices</p>	<p>2 Rotini & Meatballs Italian Mixed Vegetable Garlic Bread Assorted Fruit Choices</p>	<p>3 Meat Lovers Pizza Spinach Mandarin Salad Assorted Fruit Choices</p>
<p style="text-align: center;">Breakfast Served Daily By Mary Choice of Hot Special, Bagel, Roll, Cereal with Juice & Milk</p>	<p>6 Chicken On Hero Roll Potato Puffs Broccoli Assorted Fruit Choices</p>	<p>7 Crunchy or Soft Taco (2) Or Nachos Grande Lettuce & Tomato, Salsa Brown Rice, Corn Assorted Fruit Choices</p>	<p>8 Roast Turkey/Gravy Whipped Potatoes Mixed Vegetables Cranberry Sauce, Roll Assorted Fruit Choices</p>	<p>9 Meatball Parmigiana Hero Italian Vegetables Assorted Fruit Choices</p>	<p>10 Buffalo Chicken Pizza Apple Salad Assorted Fruit Choices</p>
<p style="text-align: center;">Available Daily Dawn's Salad Bar Lunch Sue's Assorted Sandwiches Pizza, or Burgers, With Salad Bar, Soup, or Vegetable</p>	<p>13 Tomato Basil Soup Grilled Three Cheese Sand. Potato Puffs Assorted Fruit</p>	<p>14 DELUX Bacon Cheeseburger With Lettuce & Tomato, Pickles & Onions Oven French Fries Sweetheart Cake</p>	<p>15 Asian Chicken served over Brown Rice Chinese Vegetables Mandarin Oranges</p>	<p>16 Laurie's Lasagna Antipasti Garlic Bread Assorted Fruit Choices</p>	<p>17 President's Weekend</p> <div style="text-align: center;">  <p>Schools Closed</p> </div>
<p style="text-align: center;">All Breakfasts and Lunches are served with 1% Fat or Fat Free Milk 100% Fruit Juice Available Every Day</p>	<p>20</p> <div style="text-align: center;">  <p><i>President's Day</i></p> <p>Schools Closed</p> </div>	<p>21 Buffalo Chicken Sandwich Oven French Fries Broccoli Assorted Fruit Choices</p>	<p>22 Tomato Basil Soup Tuna Salad Hero Chips (only with Tuna Hero) Assorted Fruit Choices</p>	<p>23 Meatloaf & Gravy Whipped Potatoes Peas & Carrots, Roll Assorted Fruit Choices</p>	<p>24 Baked Macaroni & Cheese Fish Fillet, Dinner Roll Carrots Assorted Fruit</p>
<p>For information about the Food Service Program call 651-1480 Menu subject to change</p>	<p>27 Chicken On Hero Roll Potato Puffs Broccoli Assorted Fruit Choices</p>	<p>28 Crunchy or Soft Taco (2) Or Nachos Grande Lettuce & Tomato, Salsa Brown Rice, Corn Assorted Fruit Choices</p>	<p>29 Rotini & Meatballs Italian Mixed Vegetable Garlic Bread Assorted Fruit Choices</p>	 <p style="font-size: small;">© Can Stock Photo - csp5209113</p>	



Why Is it Important to Eat More Vegetables and Fruit?

- Eat 2 to 3 cups of vegetables and 1 ½ to 2 cups of fruit every day.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
- Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.
- Eating foods such as vegetables that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.



Make half your plate fruits and vegetables

www.choosemyplate.gov

