

# PERU ELEMENTARY SCHOOL DISTRICT 124

## BREAKFAST/LUNCH MENU

### FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 30 Omelet Sausage patty Juice Milk  Mini Corn Dogs Baked Beans Fruit Cocktail Milk	Jan 31 Cinnamon French Toast Fruit Milk  Roast Beef Mashed Potatoes/Gravy Bread Corn Lemon Bars Milk	Feb 1 Waffles/Syrup Yogurt Fruit Milk  Pork Patty on Bun Peas & Carrots Applesauce Milk	Feb 2 Cereal Toast/Jelly Fruit Milk  Macaroni & Cheese Peas Diced Pears Milk	Feb 3 Sausage & Cheese Muffin Fruit Milk  BBQ Ribs on Bun Corn Fruit Milk
Feb 6 Cereal Toast/Jelly Fruit Milk  Beef & Bean Burrito Corn Diced Peaches Milk	Feb 7 French Toast/Syrup Fruit Milk  Italian Chicken on Bun Au Gratin Potatoes Peas Apricots Milk	Feb 8 Pancakes/Syrup Fruit Milk  Grilled Ham & Cheese Green Beans Peaches Milk	Feb 9 Breakfast Pizza Fruit Milk  Loaded Potato Sticks Mixed Vegetables Fruit Milk	Feb 10 Waffles/Syrup Juice Milk  Cheese & Sausage Pizza Coleslaw Fruit Cookie Milk
Feb 13 French Toast Sticks Fruit Milk  Beef Teriyaki Bites Brown Rice Carrots Diced Peaches Milk	Feb 14 Scrambled Eggs Toast/Jelly Fruit Milk  Italian Chicken Strips Breadstick Green Beans Fruit Cocktail Milk	Feb 15 Pancake Sausage on Stick Fruit Milk  Nachos w/Meat & Cheese Shredded Lettuce Pineapple Tidbits Milk	Feb 16 Cereal Biscuit/Jelly Fruit Juice Milk  Pork Tenderloin on Bun Peas & Carrots Diced Pears Milk	Feb 17 Sausage Toast Apple Juice Milk  Fish Square on Bun Mixed Vegetables Apricot Halves Milk
Feb 20 <b>NO SCHOOL PRESIDENTS DAY</b>  	Feb 21 Breakfast Pizza Juice Milk  Chicken Patty on Bun French Fries Corn Banana Bars Milk	Feb 22 Cereal Toast/Jelly Fruit Milk  Cheese Pizza Green Beans Tropical Fruit Milk	Feb 23 Pancakes/Syrup Fruit Milk  Chicken Caesar Salad Wheat Crisps Sherbet Milk	Feb 24 Waffle Sticks/Syrup Fruit Milk  Fish Sticks Peas Orange Wedges Milk
Feb 27 Pancake Sausage on Stick Fruit Milk  Cheeseburger on Bun French Fries Green Beans Fruit Milk	Feb 28 Sausage Egg Bagel Fruit Milk  Turkey Wrap Shredded Lettuce Ranch Dressing Diced Pears Milk	Feb 29 Scrambled Eggs/Bacon Fruit Milk  Oven Roasted Chicken Mashed Potatoes/Gravy Corn Fruit Milk	Mar 1 Cinnamon French Toast Fruit Juice Milk  Baked Potato w/Broccoli Cheese & Sour Cream Grapes Milk	Mar 2 Cold Cereal Muffin Fruit Milk  Cheese French Bread Pizza Carrots Apple Slices Milk



## ***SMART SHOPPING FOR VEGGIES AND FRUITS***

### ***10 TIPS FOR AFFORDABLE VEGETABLES AND FRUITS***

1. Celebrate the season – Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer’s market is a great source of seasonal produce.
2. Why pay full price? – Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores.
3. Stick to your list – Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don’t shop when you’re hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You’ll have more of your food budget for vegetables and fruits.
4. Try canned or frozen – Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with “low sodium” or “no salt added” on the label.
5. Buy small amounts frequently – Some fresh vegetables and fruits don’t last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.
6. Buy in bulk when items are on sale – For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.
7. Store brands = savings – Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.
8. Keep it simple – Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.
9. Plant your own – Start a garden – in the yard or a pot on the deck – for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.
10. Plan and cook smart – Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.