

Food Bytes

Dietary Guidelines

Did you know the Dietary Guidelines for Americans are published every 5 years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture? Key elements of the current version of the Dietary Guidelines are:

1. **Follow a healthy eating pattern.** All food and beverage choices matter. Opt for an eating pattern at a calorie level to help you achieve and maintain a healthy body weight, get the nutrients you need, and reduce your risk for obesity, heart disease, diabetes and cancer.
2. **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, eat a variety of nutrient-dense foods across and within all food groups in recommended amounts.
3. **Limit calories from added sugars and saturated fats.** Reduce sodium (salt).
4. **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
5. **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns from home to school to work to communities.
<http://health.gov/dietaryguidelines>

Breakfast Menu for February 2018

Basilica School of Saint Paul

Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
Cereal String Cheese 100% Fruit Juice	Bacon Toast Fruit Juice	Biscuit Bacon (Turkey) Fresh Fruit	Bagel w/ Cream Cheese Sausage Patty Fruit Juice	Breakfast Pizza Fruit Juice Fresh Fruit
Cereal Fresh Orange Slices	Chicken and Waffles 100% Fruit Juice w/ syrup	Breakfast Burrito w/ Salsa Fresh Whole Fruit	Cinnamon Toast Sausage Fruit Juice	Cereal String Cheese Apple Slices

Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
Cinnamon Toast Sausage Fruit Juice	Cereal (Lucky Charms or Cheerios) String Cheese Fruit Juice	Cereal String Cheese Fruit Juice	Breakfast Pizza Fresh Fruit	Cheese Toast Fruit Juice
French Toast Sticks w/ Syrup Sausage Patty Whole Fresh Fruit (Apple or Banana)	Oatmeal Sausage Fruit Juice	Go Gurt Fresh Fruit Buttered Toast ASI WENDESDAY Valentines Day	Breakfast Pizza Fresh Sliced Fruit	Cereal Fruit Juice Turkey Sausage

Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
Cinnamon Toast Sausage Fruit Juice	Cereal (Lucky Charms or Cheerios) String Cheese Fruit Juice	Cereal String Cheese Fruit Juice	Breakfast Pizza Fresh Fruit	Cheese Toast Fruit Juice

February

■ Carambola — Fresh Tropical Fruit of the Month
 Source: www.fns.usda.gov

Menu by S. Ragono, Certified Food Service Manager
 Basilica School of Saint Paul
 317 Marley Street Oshkosh Beach, Pounds 52117

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Menu for February 2018

Basilia School of Saint Paul

Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
Chicken and Rice Corn Fruit Juice	Hot Dog w/ Bun Potato Wedges Apple	Beans And Chopped Hot Dogs Corn Bread Fruit Juice	Mac and Cheese Green Beans Banana	Cheese Pizza Salad Fresh Fruit
Corn Dog Tatar Tots Sliced Pears	Lg. Chicken Salad w/ Croutons String Cheese Fruit Juice	Spaghetti w. Pasta Sauce Fresh Fruit Buttered Toast ICED CAKE ASH WEDNESDAY	Beef Steak Mashed Potatoes Fresh 5 way Fruit	Pepperoni Pizza Corn Fruit Juice
Sheppard's Pie Sweet Peas Sliced Bread Fruit Juice	BLT Sandwich Apple Slices Fruit Juice	Wacky Wednesday Students will choose breakfast items for lunch.	Cheese Burrito Corn Orange Slices	Cheese Pizza Salad Fresh Fruit
Monday, February 26	Tuesday, February 27	Wednesday, February 28	Thursday, February 22	Friday, February 23
Mac and Cheese Cauliflower Fruit Cup	Chicken and Waffles 100% Fruit Snack Broccoli	Breakfast Burrito w/ Salsa Fresh Whole Fruit	Cheeseburger Applesauce Fries Fruit Juice	Cheese Pizza Salad Fresh Fruit

February

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Menu by S. Robinson, Certified Food Service Manager
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