

FEBRUARY 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

Menus are subject to change based on product availability

Nutrition Education

Eating a nutritious breakfast helps everyone fuel up for success in the classroom and beyond!

Health reformer, James Caleb Jackson, used graham flour to create the first breakfast cereal in 1863 which he called Granula. He took the graham flour, mixed it with water, baked it, took it out, broke it up, baked it again and came out with the first breakfast cereal which was to be eaten soaked in water or milk. Some years later, John Harvey Kellogg invented his own cereal version, eventually calling it "Granola."

Studies have shown that consuming breakfast first thing in the morning greatly decreases hunger and cravings throughout the day. Weird right? A lot of people skip breakfast to avoid eating extra calories, but by eating a high-fiber, nutrient-dense breakfast early in the morning, you are actually less likely to be hungry throughout the day.

Students who eat breakfast are more likely to get fiber, calcium and other important nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

This institution is an equal opportunity provider.

1

½ Ham & Cheese Sandwich
4 oz Juice

8

1 oz Graham Chocolate Bear Crackers
8 oz Milk

15

1 oz Graham Chocolate Bear Crackers
4 oz Juice

22

½ Combo Meat Sandwich
4 oz Juice

7

½ Peanut Butter & Jelly Sandwich
Or
½ Turkey Ham Sandwich
4 oz Juice

14

1 oz Reduced Fat Nacho Tortilla Chips
4 oz Juice

21

1 oz Graham Chocolate Bear Crackers
8 oz Milk

28

1 oz Graham Bug Bites
4 oz Juice

6

1 oz Reduced Fat Nacho Tortilla Chips
4 oz Juice

13

.75 oz WG Cheez-It Crackers
4 oz Juice

20

1 oz Reduced Fat Cooler Ranch Tortilla Chips
4 oz Juice

27

1 oz Graham Cinnamon Goldfish Crackers
4 oz Juice

5

1 oz Graham Bug Bites
4 oz Juice

12

.75 oz WG Goldfish Crackers
4 oz Juice

19

.75 oz WG Goldfish Pretzel Cracker
4 oz Juice

26

1 oz Reduced Fat Nacho Tortilla Chips
4 oz Juice

4

.75 oz Goldfish Crackers
4 oz Juice

11

½ Ham & Cheese Sandwich
4 oz Juice

18

Powdered Donut Hole
4 oz Juice

25

WG Super Donut
4 oz Juice

FEBRUARY 2019

Florence 3 School District

After School Snack Program

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1

½ Ham & Cheese Sandwich
6 oz Juice

4

.75 oz Goldfish Crackers
6 oz Juice

5

1 oz Graham Bug Bites
6 oz Juice

6

1 oz Reduced Fat Nacho
Tortilla Chips
6 oz Juice

7

½ Peanut Butter & Jelly
Sandwich
Or
½ Turkey Ham Sandwich
6 oz Juice

8

1 oz Graham Chocolate
Bear Crackers
8 oz Milk

11

½ Ham & Cheese Sandwich
6 oz Juice

12

.75 oz WG Goldfish Crackers
6 oz Juice

13

.75 oz WG Cheez-It Crackers
6 oz Juice

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1 oz Reduced Fat Nacho
Tortilla Chips
6 oz Juice

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1 oz Graham Chocolate
Bear Crackers
6 oz Juice

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Powdered Donut Hole
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Cracker
6 oz Juice

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1 oz Reduced Fat Cooler Ranch
Tortilla Chips
6 oz Juice

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1 oz Graham Chocolate
Bear Crackers
8 oz Milk

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WG Super Donut
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