

One medium apple has _____ grams of fiber.

A.) zero B.) two C.) four D.) eight

2. Most of the fiber in an apple is found in the _____

A.) flesh B.) skin C.) core D.) stem

3. What variety of apples are grown in California?

A.) Fuji B.) Gala C.) Red Delicious D.) all three



February 2012

Unicoi County Elementary School Menu

Eat the Rainbow!

Red fruits and vegetables help maintain a healthy heart and memory function. Examples include red apples, red grapes, red pears, tomatoes, beets, red peppers and radishes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Breakfast Pizza ***** Whole Grain Corn Dog Nuggets Baked Beans Fruit Cocktail Whole Grain Gold Fish Crackers Low Fat Milk Choices	31 Pancakes & sausage ***** Hamburger on Whole Grain Bun Leaf Lettuce & Tomato Slice Oven Fries Apple Crisp Low Fat Milk Choices	1 Mini Ciinnis ***** Chicken Casserole Whole Grain Rolls Spinach Salad Fresh Pear Slices Low Fat Milk Choices	2 French Toast ***** Whole Grain Biscuit & Gravy Sausage/Egg Patty Hash Browns Chilled Orange Slices Low Fat Milk Choices	3 Biscuit & Gravy ***** Popcorn Chicken Whole Grain Rolls Broccoli Florets & Carrot Sticks w/Dip Grapes Low Fat Milk Choices
6 Muffin, Yogurt ***** Grilled Chicken w/Brown Rice Medley Sweet Carrot Coins Pineapple Tidbits Whole Grain Rolls Low Fat Milk Choices	7 Toast w/Butter & Jam ***** Baked Ham Whole Grain Biscuit Sweet Potato Puffs Strawberry Cup Low Fat Milk Choices	8 Ham Biscuit ***** Whole Grain 4x6 pizza Fresh Mixed Green Salad Apple Slices Low Fat Milk Choices	9 Breakfast Pizza ***** Deli Turkey w/Cheese on Whole Grain Bread Leaf Lettuce, tomato Slice Baked Potato Shapes Chilled Orange Slices Low Fat Milk Choices	10 Cheese Toast ***** Pulled Pork Barbeque on Whole Grain Bun Baked Beans Fruit Cocktail Chocolate Chip Cookie Low Fat Milk Choices
13 Poptart ***** Cheese Quesadilla Brown Rice w/Peas & Carrots Fresh Salad w/Romaine Lettuce Orange Slices Low Fat Milk Choices	14 Egg Biscuit ***** Spaghetti Whole Grain Rolls Popeye's Spinach Salad Fruit Sherbet Low Fat Milk Choices	15 Cheese Omelet ***** Chicken Patty on Whole Grain Bun Steamed Broccoli w/Cheese Banana Low Fat Milk Choices	16 Waffles w/Syrup ***** Homemade Chili Cheesy Toast on Whole Wheat Baked Diced Potatoes Fresh Pear Slices Low Fat Milk Choices	17 French Toast ***** Honey BBQ Chicken Bites Whole Grain Rolls Green Beans Apple Crisp Low Fat Milk Choices
20 French Toast ***** Baked Chicken Nuggets Whole Grain Rolls Steamed Broccoli w/Cheese Fresh Apple Slices Low Fat Milk Choices	21 Poptart ***** Mini-Hamburgers w/whole grain bun Pickle Chips Creamed Potatoes Banana Low Fat Milk Choices	22 Cinnamon Biscuit ***** Pizza with Whole Grain Crust Popeye's Spinach Salad Whole Kernel Corn Chilled Canned Pear Slices Low Fat Milk Choices	23 Waffles w/Syrup ***** Hot Dog W/Chili on Whole Grain Bun Cool & Creamy Coleslaw Pork 'n' Beans Pineapple Tidbits Low Fat Milk Choices	24 Egg Biscuit ***** Tacos w/meat & cheese on Whole Grain Tortilla Diced Tomatoes, Leaf Lettuce Whole Grain Chips Sweet Carrot Coins Strawberry Cup Low Fat Milk Choices
27 Breakfast Pizza ***** Whole Grain Corn Dog Nuggets Baked Beans Fruit Cocktail Carrot sticks w/Dip Whole Grain Gold Fish Crackers Low Fat Milk Choices	28 Professional Development Day No School	29 Mini Ciinnis ***** Homemade Chicken Casserole Whole Grain Rolls Popeye's Spinach Salad Fresh Pear Slices Low Fat Milk Choices	MARCH 1 French Toast ***** Whole Grain Biscuit & Gravy Sausage/Egg Patty Hash Browns Chilled Orange Slices Low Fat Milk Choices	MARCH 2 Biscuit & Gravy ***** Popcorn Chicken Whole Grain Rolls Steamed Broccoli w/cheese Grapes Low Fat Milk Choices

Answers: 1. C, 2. B, 3. D

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Free Breakfast

Full breakfast is served free to all students. Includes the entree listed along with assorted cereal, 100%