

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

**Chef Salads**  
 Chef Salads offered daily. Includes assorted fresh vegetables, assorted meat/cheese, crackers and assorted dressings. Served with your choice of low fat milk.

**FEBRUARY 2012**



**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.

**Unicoi County High School Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>Breakfast Pizza *****</p> <p><b>Choice of</b>            Baked Chicken Nuggets w/WG Rolls            Chicken Fajita w/Brown Rice Medley &amp; WG Rolls            Hot Dog on Whole Grain Bun            Roast Beef Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Creamed Potatoes, Green Beans, Spinach Side Salad,            Applesauce, Diced Peaches, Coleslaw</p> <p>Low Fat Milk Choices</p>	<p>31</p> <p>Pancakes &amp; sausage *****</p> <p><b>Choice of</b>            Homemade Chili w/Crackers            Philly Cheese Steak Sandwich on Whole Grain            Jalapeno Burger on Whole Grain Bun            Cheese Quesadilla            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Baked Beans, Potato Cheese Spuds, Spring Mix Side Salad,            Frozen Strawberries, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>	<p>1</p> <p>Mini Cinnis *****</p> <p><b>Choice of</b>            Honey BBQ Chicken Nuggets w/Brown Rice            and Whole Grain Rolls            Steak Burger on Whole Grain Bun            Deli Turkey Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Baked Diced Potatoes, Steamed Broccoli w/cheese, Romaine            Side Salad, Baked Apples, Fruit Sherbet, Pineapple Tidbits</p> <p>Low Fat Milk Choices</p>	<p>2</p> <p>French Toast *****</p> <p><b>Choice of</b>            Homemade Pizza            Baked Ham w/Macaroni &amp; Cheese w/WG Roll            Cheeseburger on Whole Grain Bun            Whole Grain Corn Dog Nuggets  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Hash Browns, Green beans, Buttered Carrots, Spring Mix            Side Salad, Chilled Pear Silces, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>	<p>3</p> <p>Biscuit &amp; Gravy *****</p> <p><b>Choice of</b>            Cheese Sticks            Tacos &amp; Pintos w/ Cheese &amp; Whole Grain Shell            Hot &amp; Spicy Chicken on Whole Grain Bun            Ham &amp; Cheese Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Whole Kernel Corn, Sweet Potatoes, Spinach Side Salad,            Fruit Cocktail, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>
<p>6</p> <p>Muffin, Yogurt *****</p> <p><b>Choice of</b>            Baked Catfish w/ Hushpuppies            Grilled Chicken with Brown Rice Medley            served w/Whole Grain Rolls            Hot Dog on Whole Grain Bun            Roast Beef Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Creamed Potatoes, Green Beans, Spinach Side Salad,            Applesauce, Diced Peaches, Coleslaw</p> <p>Low Fat Milk Choices</p>	<p>7</p> <p>Toast w/Butter &amp; Jam *****</p> <p><b>Choice of</b>            Steak Burger w/Whole Grain Bun            Chicken Smackers w/Whole Grain Biscuit            Jalapeno Burger on Whole Grain Bun            Steak &amp; Gravy with w/Whole Grain Bun            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Baked Beans, Potato Cheese Spuds, Spring Mix Side Salad,            Frozen Strawberries, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>	<p>8</p> <p>Ham Biscuit *****</p> <p><b>Choice of</b>            Mini-Burgers on Whole Grain Buns            Spaghetti w/Meat Sauce &amp; whole Grain Rolls            Honey BBQ Chicken Nuggets w/Brown Rice            Deli Turkey Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Baked Diced Potatoes, Steamed Broccoli w/cheese, Romaine            Side Salad, Baked Apples, Fruit Sherbet, Pineapple Tidbits</p> <p>Low Fat Milk Choices</p>	<p>9</p> <p>Breakfast Pizza *****</p> <p><b>Choice of</b>            Popcorn Chicken w/Whole Grain Biscuit            Breakfast @ Lunch 2/ Whole Grain Biscuit            Cheeseburger on Whole Grain Bun            Whole Grain Corn Dog Nuggets            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Hash Browns, Green beans, Buttered Carrots, Spring Mix            Side Salad, Chilled Pear Silces, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>	<p>10</p> <p>Cheese Toast *****</p> <p><b>Choice of</b>            Hot Roast Beef Sandwich on Whole Grain Bun            Barbeque Pork on Whole Grain Bun            Hot &amp; Spicy Chicken on Whole Grain Bun            Ham &amp; Cheese Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Whole Kernel Corn, Sweet Potatoes, Spinach Side Salad,            Fruit Cocktail, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>
<p>13</p> <p>Pop tart *****</p> <p><b>Choice of</b>            Baked Chicken Nuggets w/WG Rolls            Chicken Fajita w/Brown Rice Medley &amp; WG Rolls            Hot Dog on Whole Grain Bun            Roast Beef Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Creamed Potatoes, Green Beans, Spinach Side Salad,            Applesauce, Diced Peaches, Coleslaw</p> <p>Low Fat Milk Choices</p>	<p>14</p> <p>Egg Biscuit *****</p> <p><b>Choice of</b>            Homemade Chili w/Crackers            Philly Cheese Steak Sandwich on Whole Grain            Jalapeno Burger on Whole Grain Bun            Cheese Quesadilla            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Baked Beans, Potato Cheese Spuds, Spring Mix Side Salad,            Frozen Strawberries, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>	<p>15</p> <p>Cheese Omelet *****</p> <p><b>Choice of</b>            Honey BBQ Chicken Nuggets w/Brown Rice            and Whole Grain Rolls            Steak Burger on Whole Grain Bun            Deli Turkey Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Baked Diced Potatoes, Steamed Broccoli w/cheese, Romaine            Side Salad, Baked Apples, Fruit Sherbet, Pineapple Tidbits</p> <p>Low Fat Milk Choices</p>	<p>16</p> <p>Waffles w/Syrup *****</p> <p><b>Choice of</b>            Homemade Pizza            Baked Ham w/Macaroni &amp; Cheese w/WG Roll            Cheeseburger on Whole Grain Bun            Whole Grain Corn Dog Nuggets  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Hash Browns, Green beans, Buttered Carrots, Spring Mix            Side Salad, Chilled Pear Silces, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>	<p>17</p> <p>French Toast *****</p> <p><b>Choice of</b>            Cheese Sticks            Tacos &amp; Pintos w/ Cheese &amp; Whole Grain Shell            Hot &amp; Spicy Chicken on Whole Grain Bun            Ham &amp; Cheese Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Whole Kernel Corn, Sweet Potatoes, Spinach Side Salad,            Fruit Cocktail, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>
<p>20</p> <p>French Toast *****</p> <p><b>Choice of</b>            Baked Catfish w/ Hushpuppies            Grilled Chicken with Brown Rice Medley            served w/Whole Grain Rolls            Hot Dog on Whole Grain Bun            Roast Beef Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Creamed Potatoes, Green Beans, Spinach Side Salad,            Applesauce, Diced Peaches, Coleslaw</p> <p>Low Fat Milk Choices</p>	<p>21</p> <p>Pop tart *****</p> <p><b>Choice of</b>            Steak Burger w/Whole Grain Bun            Chicken Smackers w/Whole Grain Biscuit            Jalapeno Burger on Whole Grain Bun            Steak &amp; Gravy with w/Whole Grain Bun            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Baked Beans, Potato Cheese Spuds, Spring Mix Side Salad,            Frozen Strawberries, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>	<p>22</p> <p>Cinnamon Biscuit *****</p> <p><b>Choice of</b>            Mini-Burger on Whole Grain            Spaghetti w/Meat Sauce &amp; whole Grain Rolls            Honey BBQ Chicken Nuggets w/Brown Rice            Deli Turkey Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Baked Diced Potatoes, Steamed Broccoli w/cheese, Romaine            Side Salad, Baked Apples, Fruit Sherbet, Pineapple Tidbits</p> <p>Low Fat Milk Choices</p>	<p>23</p> <p>Waffles w/Syrup *****</p> <p><b>Choice of</b>            Popcorn Chicken w/Whole Grain Biscuit            Breakfast @ Lunch 2/ Whole Grain Biscuit            Cheeseburger on Whole Grain Bun            Whole Grain Corn Dog Nuggets            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Hash Browns, Green beans, Buttered Carrots, Spring Mix            Side Salad, Chilled Pear Silces, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>	<p>24</p> <p>Egg Biscuit *****</p> <p><b>Choice of</b>            Hot Roast Beef Sandwich on Whole Grain Bun            Barbeque Pork on Whole Grain Bun            Hot &amp; Spicy Chicken on Whole Grain Bun            Ham &amp; Cheese Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Whole Kernel Corn, Sweet Potatoes, Spinach Side Salad,            Fruit Cocktail, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>
<p>27</p> <p>Breakfast Pizza *****</p> <p><b>Choice of</b>            Baked Chicken Nuggets w/WG Rolls            Chicken Fajita w/Brown Rice &amp; WG Rolls            Hot Dog on Whole Grain Bun            Roast Beef Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Creamed Potatoes, Green Beans, Spinach Side Salad,            Applesauce, Diced Peaches, Coleslaw</p> <p>Low Fat Milk Choices</p>	<p>28</p> <p><b>Professional Development Day No School</b></p>	<p>29</p> <p>Mini Cinnis *****</p> <p><b>Choice of</b>            Honey BBQ Chicken Nuggets w/Brown Rice            and Whole Grain Rolls            Steak Burger on Whole Grain Bun            Deli Turkey Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Baked Diced Potatoes, Steamed Broccoli w/cheese, Romaine            Side Salad, Baked Apples, Fruit Sherbet, Pineapple Tidbits</p> <p>Low Fat Milk Choices</p>	<p>March 1</p> <p>French Toast *****</p> <p><b>Choice of</b>            Homemade Pizza            Baked Ham w/Macaroni &amp; Cheese w/WG Roll            Cheeseburger on Whole Grain Bun            Whole Grain Corn Dog Nuggets            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Hash Browns, Green beans, Buttered Carrots, Spring Mix            Side Salad, Chilled Pear Silces, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>	<p>March 2</p> <p>Biscuit &amp; Gravy *****</p> <p><b>Choice of</b>            Cheese Sticks            Tacos &amp; Pintos w/ Cheese &amp; Whole Grain Shell            Hot &amp; Spicy Chicken on Whole Grain Bun            Ham &amp; Cheese Sandwich Box w/Whole Grain            Whole Grain Pizza  <b>Choice of 2 Fruits/Vegetables:</b></p> <p>Whole Kernel Corn, Sweet Potatoes, Spinach Side Salad,            Fruit Cocktail, Assorted Fresh Fruit</p> <p>Low Fat Milk Choices</p>

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

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**Free Breakfast**  
 Full breakfast is served free to all students. Includes the entree listed along with assorted cereal, 100% fruit juice and low-fat milk