

- 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 Middle 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 Cinnis ***** Chicken Casserole Whole Wheat Roll 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 Wheat Rolls Broccoli Florets & Carrot Sticks w/Dip Grapes Low Fat Milk Choices
6 Muffin, Yogurt ***** Grilled Chicken w/Brown Rice Medley Carrot Coins Pineapple Tidbits Whole Wheat 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 ***** Chicken Patty on Whole Grain Bun Fresh Mixed Green Salad Apple Slices Low Fat Milk Choices	9 Breakfast Pizza ***** Tacos w/Meat & Cheese on Whole Grain Tortilla Diced Tomatoes, Leaf Lettuce Whole Grain Chips Whole Kernel Corn Fresh Pear Slices Low Fat Milk Choices	10 Cheese Toast ***** Barbeque Pork 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 Wheat Rolls Spinach Salad Fruit Sherbet Low Fat Milk Choices	15 Cheese Omelet ***** Hot & Spicy Chicken 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 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 ***** Chicken Patty on Whole Grain Bun 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 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 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 Cinnis ***** Chicken Casserole Whole Grain Rolls 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 Wheat Rolls Steamed Broccoli w/Cheese Grapes Low Fat Milk Choices

Available Daily - Pizza

Available Monday/Tuesday: Assorted Sandwich Box w/lettuce-tomato/Chips, Fruit

Available Wednesday-Friday: Chef Salad w/meat-cheese/crackers

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.