




February 2010

Clyde-Green Springs Elementary & Middle School

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| 1 Chicken Patty on Bun Corn Mixed Fruit Pretzel Rod Milk | 2 Sub Sandwich Baby Carrots Fresh Orange Doritos Milk | 3 Taco Salad Diced Peaches Churro Milk | 4 Spaghetti w/Meat Sauce Green Beans Pineapple & Oranges Garlic Bread Milk | 5 Cheese Pizza California Medley Strawberry-Banana Applesauce Cup Peanut Butter Sandwich Milk |
| 8 Cheeseburger on Bun Ranch Seasoned Potato Wedges Diced Peaches Fruit Snacks Milk | 9 Texas Cheese Toast w/Spaghetti Sauce Dip Pineapple Tidbits Yogurt Cup Milk | 10 Chicken Fryz w/BBQ Sauce Green Beans Mixed Fruit Mini Ice Cream Sandwich Milk | 11 Mini Corn Dogs Steamed Broccoli Applesauce Valentine Cookie Milk | 12 Pepperoni Pizza Tossed Salad Mandarin Oranges Milk |
| No School 15  | 16 Chicken Fajita Corn Pears Milk | 17 Cheese Pizza Tossed Salad Orange Sherbet Hot Pasta Milk | 18 Chicken Nuggets w/BBQ Sauce Mashed Potatoes w/Gravy Peach Crisp 9 Grain Dinner Rolls Milk | 19 Toasted Cheese Sandwich Tomato Soup w/Crackers Cinnamon Applesauce Cup Chocolate Chip Cookie Milk |
| 22 Popcorn Chicken w/BBQ Sauce Chicken Flavored Rice Green Beans Fruit Shape Up Milk | "Brunch for Lunch" 23 French Toast Sticks Sausage Patty Potato Triangle Orange Juice Milk | 24 Meat & Cheese Nachos Tossed Salad Mixed Fruit Rice Krispy Treat Milk | 25 Hot Dog Baked Beans Diced Pears Cheetos Milk | 26 Pizza Dippers Spaghetti Sauce Dip Diced Peaches Pudding Cup Milk |



Lunch Prices 2009/10
Elementary \$2.00
Middle School \$2.50
Reduced Lunch 40 cents
Milk 50 cents

Ride The Sugar Rollercoaster

When you haven't eaten for a while, your legs may get wobbly and your brain may begin to lose focus more easily, causing you to do poorly in class. These are signals from your body that its store of energy is getting low as energy feeds both our bodies and our brain.

All foods contain energy. Some foods release their energy quickly, and some release it slowly. Sugar releases energy quickly.

A sugary drink or a piece of candy gives a quick energy rush. But the effect fades and soon you may want another drink or more food as your 'sugar' level drops.

Foods like whole grains and fruit release energy more slowly than candy or sugary drinks because they have fiber in them. So when you eat toast, cereal, or a banana, your energy lasts longer than if you had sweets or a fuzzy drink.

