



### DID YOU KNOW?

Deposit funds to cover student breakfasts, lunches & ala carte items via "Scholar Connect", our online service. Visit: [www.bbbschools.org](http://www.bbbschools.org) and click on the "Scholar Connect" link.

February is "American Heart Month" Look for the on the menu for a heart healthy menu item!

# February 2012 James Wilson Young Middle School

**Meal Prices**  
**Secondary Lunch \$3.00**  
**Student Milk \$.50**  
**Adult Lunch \$4.75 + Tax**  
**Adult Milk \$.75 + Tax**



### Daily Meal Alternates

**Monday**—Stonyfield Organic Yogurt, Light Mozzarella String Cheese, Hot Soft Pretzel, Garden Side Salad, Fruit & Milk  
**Tuesday**—Fresh Bagel, Hard Boiled Egg, Baby Carrots, Fruit & Milk  
**Wednesday**—Sunflower Seed Butter & Jelly Roll Up in a flour tortilla, Celery Sticks, Fruit & Milk  
**Thursday**—Tuna Salad on a Wheat Mini-Kaiser Roll with Lettuce & Tomato, Cucumber slices, Fruit & Milk  
**Friday**—Grilled Chicken Fiesta Salad w/Lettuce, Tomato, Olives, Cheese, Nacho Chips, Fruit & Milk

\*Alternate cheese sandwich available daily\*

Lunch consists of meat/meat alternate, bread/grain, vegetable, fruit & milk

Fresh garden salad every day with every meal and meal alternate!

Mon

Tue

Wed

Thu

Fri



Vitamin C is needed for the growth and repair of tissues in all parts of your body. It is used to form an important protein used to make skin, tendons, ligaments, and blood vessels & helps heal wounds and form scar tissue. Vitamin C also helps repair and maintain cartilage, bones, and teeth.

Many of our menu items this month feature foods that are high sources of Vitamin C: oranges, cantaloupe, pineapple, broccoli, spinach, leafy greens, sweet & white potatoes and tomatoes.

1

Belgium Waffle Sticks w/Syrup  
Baked Sausage Pattie (p)  
Potato Gems, Cinnamon Apple Slices, Orange Juice, Milk

2

Baked Chicken Pattie on A Wheat Bun  
Whipped potatoes & gravy  
MacIntosh Apple, Milk Selection

3

Cheese Pizza Square   
Spinach & Orange Salad  
Diced Peach Cup  
Milk Selection

6

Rainbow Grilled Cheese with American & Mozzi Cheese on WW Bread, Green Beans, Applesauce, Milk

7

Burger Sliders on a Bun w/Lettuce & Tomato,  
Oven Baked French Fries  
Pickle Chips, Orange Smiles, Milk

8

Triple "S" Day in the Café!  
Cup of chicken noodle Soup  
1/2 Turkey & Cheese Sandwich  
Garden Side Salad, Fruit, Milk

9

Homemade Chili w/Beef & Beans  
Shredded Cheese on top!  
Home baked corn bread, green beans, Red Grapes, Milk

10

Homemade French Bread Pizza  
Creamy Caesar Salad  
Peach Cup  
Milk Selection

13

Chicken Fajitas w/peppers & onions. Served with two soft flour tortillas, rice & corn niblets  
Chilled peach cup  
Milk Selection

14

Mozzarella Sticks & Meatballs  
Marinara Sauce on the Side  
Fresh Baked Bread Stick   
Broccoli Salad w/Raisins & Grapes,  
Milk Selection

15

Mardi Gras Wednesday!  
Grilled Chicken w/New Orleans Red Beans & Rice, Buttermilk  
Bisquit, MacIntosh Apple  
Milk Selection

16

Popcorn Chicken  
Roasted Red Potatoes   
Sweet Dinner Roll  
Orange Smiles:)  
Milk Selection

17

Personal Pan Pizza  
Greek Salad with Feta Cheese & Black Olives  
Mixed Fruit Cups  
Milk Selection

20

21

22

23

24

## MIDWINTER RECESS - SCHOOLS CLOSED

27

Belgium Waffle Sticks w/Syrup  
Baked Sausage Pattie (p)  
Hash Brown Potato, Apple  
Cobbler, Orange Juice, Milk

28

Oven Baked Chicken Nuggets  
Sweet Dinner Roll   
Ambrosia topped Sweet Potato  
w/marshmallow, coconut flakes, crushed  
pineapple & apricots, Milk

29

Build Your Own Idaho Potato!   
Beef, refried beans, lettuce,  
tomato, cheese, salsa & sour cream,  
Cornbread, banana & milk

### Vitamin C Day Is:

Wednesday, February 15th!  
Wear stripes on this day, purchase a meal, & receive a free pretzel rod!



Questions? Contact the Food Service Department (631) 472-7860 extension 8027

<http://www.bbbschools.org/newsite/Bayport/Calendars/lunch.php>

<http://www.bbbschools.org/newsite/Bayport/District/nutrition.php>

\*\*Menu subject to change without notice\*\*

(p) = Pork Product

(t) = Turkey Product

# February 2012 - Vitamin of the Month

## Best of: Vitamin C

### Vitamin C

Resource: <http://www.nlm.nih.gov/medlineplus/ency/article/002404.htm>

Vitamin C is a water-soluble vitamin that is necessary for normal growth and development.

Water-soluble vitamins dissolve in water. Leftover amounts of the vitamin leave the body through the urine. That means you need a continuous supply of such vitamins in your diet.

#### Function

Vitamin C is needed for the growth and repair of tissues in all parts of your body. It is used to:

- Form an important protein used to make skin, tendons, ligaments, and blood vessels

- Heal wounds and form scar tissue

Repair and maintain cartilage, bones, and teeth

Vitamin C is one of many antioxidants. Antioxidants are nutrients that block some of the damage caused by free radicals.

- Free radicals are made when your body breaks down food or when you are exposed to tobacco smoke or radiation.

- The buildup of free radicals over time is largely responsible for the aging process.

Free radicals may play a role in cancer, heart disease, and conditions like arthritis.

The body is not able to make vitamin C on its own, and it does not store vitamin C. It is therefore important to include plenty of vitamin C-containing foods in your daily diet.

For many years, vitamin C has been a popular remedy for the common cold.

- Research shows that for most people, vitamin C supplements or vitamin C-rich foods do not reduce the risk of getting the common cold.

- However, people who take vitamin C supplements regularly might have slightly shorter colds or somewhat milder symptoms.

Taking a vitamin C supplement after a cold starts does not appear to be helpful.

#### Food Sources

All fruits and vegetables contain some amount of vitamin C.

Foods that are the highest sources of vitamin C include:

- Cantaloupe
- Citrus fruits and juices, such as orange and grapefruit
- Kiwi fruit
- Mango
- Papaya
- Pineapple
- Strawberries, raspberries, blueberries, cranberries, watermelon

Vegetables that are the highest sources of vitamin C include:

- Broccoli, Brussels sprouts, cauliflower
- Green and red peppers
- Spinach, cabbage, turnip greens, and other leafy greens
- Sweet and white potatoes
- Tomatoes and tomato juice
- Winter squash

Some cereals and other foods and beverages are fortified with vitamin C. Fortified means a vitamin or mineral has been added to the food. Check the product labels to see how much vitamin C is in the product. Cooking vitamin C-rich foods or storing them for a long period of time can reduce the vitamin C content. Microwaving and steaming vitamin C-rich foods may reduce cooking losses.

The best food sources of vitamin C are uncooked or raw fruits and vegetables.