

HEALTHY CHOICES



Spring 2007 begins with new menu plans for the Betsy-Jeff Penn 4H Educational Center. Many of the changes will not be obvious by the list of foods, but will be healthier due to the method of preparation or the size of the portion.

Visitors will see more oven-baked items. Fried foods will be limited, and will be cooked in zero-trans fat oil. Beverages will be low sugar or sugar free and children will be encouraged to drink more water. Some foods that are higher in calories may be limited in serving size. There will be more fresh fruit at each meal and less processed and overly sweet foods.

Betsy-Jeff Penn has always offered seconds at every meal and will continue to provide most items in unlimited portions. Some foods that are higher in fats and calories may be limited to one or two servings, but other items that are healthier choices will be unlimited to assure that each child gets all he or she needs. One part of the healthy choice process will be deciding on how much to eat as well as what to eat.

We hope that you will enjoy and support this new program. If you have any questions or comments please call Lee Jennings (336) 349-9445, ext. 311 or e-mail lee_jennings@ncsu.edu .

Menu Items

BREAKFAST:

Meat: Bacon, Sausage links, Sausage patties

Eggs: Boiled or scrambled

Breads: Whole grain or wheat, bagels, French toast, waffles

Fruit: Fresh apples, bananas, grapes, berries, kiwi, oranges, tangerines, grapefruit. Canned peaches, mandarin oranges, fruit cocktail mix, apple sauce (all canned fruits will be in own juice, lite, or unsweetened)

Dairy: Milk (2%), low fat or fat free cottage cheese, low fat or fat free yogurt

Miscellaneous: margarine, low fat or fat free cream cheese, lite or sugar free syrup

LUNCH:

Meat: Grilled chicken, hamburger, filet of fish, grilled cheese, ham and cheese, BLT, taco, pizza, chicken strips

Bread: Whole grain bread and rolls for sandwiches, whole grain wraps

Salad bar: Mixed greens, cucumbers, carrots, cheese, fresh fruit, assorted dressings that are low or fat free, low sodium crackers

Dessert: Frozen fruit pops, 1 cookie

DINNER:

Meat: Sliced ham, baked chicken, pork chops, spaghetti, BBQ chicken, roast beef, beef tips, ravioli, baked ziti, chicken pot pie, mac and cheese w/ham

Veggie: Green beans, fried okra, baked beans, steamed broccoli, California blend, green peas, peas and carrots, corn, winter blend, midori mix

Sides: Oven roasted potato, baked fries, scalloped potato, mashed potato, mac and cheese w/mixed veggie

Salad Bar: Mixed greens, cucumbers, carrots, cheese, beets, beans, croutons, apples, oranges, apple sauce, humus, crackers, pickle

Breads: Whole grain rolls, biscuits, corn bread

Desserts: Low sugar cake, sugar free Jell-O, low fat banana pudding, low sugar frozen fruit pops, fruit crisp

Beverages: Milk and water at every meal, fruit juice at breakfast, sugar free kool-aide and lemonade, ice tea and coffee for adults

VEGETARIAN OPTIONS:

Veggie pot pie, noodles and veggies with pesto sauce, salsa and black bean. Veggie egg rolls, veggie lasagna, vegetarian chili, spaghetti sauce with veggie and tofu. Tofu and midori mix stir fry.