

MAY 2010

JD PERKINS SCHOOL BREAKFAST MENU

Breakfast

Cost: Student Breakfast \$1.35 Reduced \$.30 Adult Breakfast \$1.75

Breakfast includes Fruit Juice and Milk and your choice of

(2) Cereals

Bagel with Cream Cheese

Honey Wheat Breakfast Bar,

UBR ~ Cinnamon Oatmeal Breakfast Round

Honey Wheat Breakfast Bun



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Food Fun Facts: Protein



Protein is a part of every cell in your body, and no other nutrient plays as many different roles in keeping you healthy. Protein is very important for the growth and repair of your muscles, bones, skin, tendons, ligaments, hair, eyes and other tissues. If needed, your body can use protein for energy, but your best source of energy is eating plenty of carbohydrates. Your body needs different types of proteins for many reasons. The easiest way to get your protein is from eating meat, chicken, turkey, fish and dairy foods. Cooked meat is about 15 to 40 percent protein. Foods from animal sources provide complete protein, which means they contain all the essential amino acids your body needs. Plant foods such as legumes (beans), soy, peas and peanuts also have protein, but are considered incomplete proteins because they do not have all of the essential amino acids your body needs. You can get complete protein if you combine them with plant foods from one of these categories – grains, seeds and nuts, and vegetables. Eat two or more of any of these plant foods, with or without beans, and you get complete protein. In fact, vegetarians need to be very careful about eating the right combinations of plant foods to get enough complete protein. You only need about 10 to 15 percent of your total calories from protein and it is important that you do not eat too much protein. The American Heart Association, the American Dietetic Association and other health organizations advise against high protein diets. The best diet is one that has the right balance of protein, carbohydrates, lots of fruits and vegetables and whole grains! Everything in moderation!!!! So eat smart, and keep your body healthy!!