


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VARIETY CEREAL YOGURT 100% JUICE LOWFAT MILK	WARM BREAKFAST BAGEL W/JELLY/MARGARINE VARIETY CEREAL 100% JUICE LOWFAT MILK	VARIETY CEREAL YOGURT 100% JUICE LOWFAT MILK	EGG & CHEESE MUFFIN SANDWICH VARIETY CEREAL 100% JUICE LOWFAT MILK	BLUEBERRY WAFFLES STRING CHEESE 100% JUICE LOWFAT MILK

2011-2012 **FEBRUARY ELEMENTARY BREAKFAST & LUNCH MENU** *ITEM CONTAINS PORK*

30 TURKEY HOT DOG ON BUN BAKED BEANS PEACHES CATSUP/MUSTARD	31 CHICKEN NUGGETS CORN COBBETTE W/MARGARINE MANDARIN ORANGES CATSUP/MUSTARD	1 PIZZA (CHEESE OR PEPPERONI)  BABY CARROTS W RANCH DRESSING BANANA	2 FRENCH TOAST STICKS W/TURKEY SAUSAGE LINKS CHILLED FRUIT JUICE APPLESAUCE SYRUP	3 CHEESEBURGER SLIDERS TATER TOTS FRUITED GELATIN CATSUP/MUSTARD
6 CHICKEN PATTY SANDWICH COOKED CARROT COINS PINEAPPLE TIDBITS CATSUP/MUSTARD	7  MACARONI & CHEESE GREEN BEANS DINNER ROLL W/ MARGARINE MANDARIN ORANGES	8  PIZZA (CHEESE OR PEPPERONI) TOSSED SALAD W/ VARIETY DRESSING APPLE SLICES	9 SOFT BEEF TACO CORN PEARS TACO SAUCE	10 BBQ MEATBALLS POTATO TRIANGLES CORN MUFFIN W/ MARGARINE PEACHES CATSUP
13 HAMBURGER ON BUN PICKLES  FRUITED GELATIN CATSUP/MUSTARD	14 CRISPY CHICKEN LEG MSHD POTATOES & GRAVY CORN MUFFIN W/ MARGARINE MANDARIN ORANGES	15 PIZZA (CHEESE OR PEPPERONI) BABY CARROTS W RANCH DRESSING FRESH GRAPES	16 NACHOS SUPREME TORTILLA CHIPS CORN STRAWBERRY-BANANA APPLESAUCE	17 NO SCHOOL! PARENT-TEACHER CONFERENCES
20 NO SCHOOL! PRESIDENTS' DAY 	21 GRILLED CHEESE SANDWICH VEGETARIAN CHILI W/ CRACKERS PEACHES	22 PIZZA (CHEESE OR PEPPERONI) TOSSED SALAD W/ VARIETY DRESSING CHILLED FRUIT JUICE	23 CHICKEN NUGGETS BROCCOLI W/CHEESE MANDARIN ORANGES  CATSUP/MUSTARD	24 BEEF & CHEESE BURRITO CORN CINNAMON APPLESAUCE TACO SAUCE

WHITE (LOWFAT) & CHOCOLATE (FAT FREE) MILK OFFERED DAILY - LACTOSE INTOLERANT STUDENTS WILL BE OFFERED DAIRY EASE TO REPLACE MILK WITH PHYSICIAN'S ORDER

MENU SUBJECT TO CHANGE WITHOUT NOTICE

EAT RIGHT - Tips for Families

1. Make half your grains whole. Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
2. Vary your veggies. Go dark green and orange with your vegetables - eat spinach, broccoli, carrots, and sweet potatoes.
3. Focus on fruits. Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
4. Get your calcium-rich foods. To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
5. Go lean with protein. Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
6. Change your oil. We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
7. Don't sugarcoat it. Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

