



2012

# FEBRUARY

Healthy For Life ~ Our Pledge To You

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | AVAILABLE EVERY DAY:   |
|---|--|---|--|---|--|
|   |  | 1<br>"Honey I Shrank the Lunch"<br>Twin Mini Beef Sliders<br><i>(mini cheeseburgers)</i><br>Sweet Corn on the Cob<br>Fresh Strawberries<br>Choice of 8oz Milk | 2 "Ball Park Frank"<br>Steamed Hot Dog<br>on a Whole Wheat Roll<br>Boston Baked Beans<br>Smartfood Popcorn<br>Applesauce Fruit Cup<br>Choice of 8oz Milk       | 3 "Around the Table"<br>Roast Chicken<br>Dinner<br>Mashed Potatoes<br>with Gravy<br>Fresh Fruit Cup<br>Choice of 8oz Milk                 |  |
| 6 "Bon Appetite"<br>Warm<br>Ham & Cheese<br>Croissant<br>Corn & Baby Pea Medley<br>Raspberry Sherbet<br>Box of Raisins<br>Choice of 8oz Milk      | 7 "The Grill Works"<br>Juicy Beef<br>Hamburger<br>on a Whole Wheat Bun<br>Crispy Baked Puffs<br>Bag of Apple Slices<br>Choice of 8oz Milk      | 8 "Fishing Around"<br>Tuna Salad<br>on a Whole Wheat Hot Dog Bun<br>Bag of Sun Chips<br>Carrot Sticks<br>Granny Smith Apple<br>Choice of 8oz Milk             | 9 "Jumbo"<br>Breaded & Baked<br>Chicken Tenders<br>Duck Sauce for Dipping<br>Sweet Corn on the Cob<br>Chilled Peaches<br>Choice of 8oz Milk                    | 10 "Little Italy"<br>Spaghetti & Meatballs<br>Warm Garlic Bread<br>Farm Fresh Salad<br>Sweet Diced Pears<br>Choice of 8oz Milk            | Tyson Whole Grain<br>Breaded<br>And Baked Chicken<br>Nuggets,<br>Whole Grain Snack,<br>Veggie of the Day<br>Fruit of the Day<br>Choice of 8oz Milk   |
| 13 "Egg McEverett"<br>Warm<br>Bacon, Egg & Cheese<br>Croissant<br>Crispy Hash Brown Potato<br>100% Orange Juice<br>Choice of 8oz Milk             | 14 "Off The Grill"<br>Toasted Cheese<br>on Whole Wheat Bread<br>Fruity Yogurt Cup<br>Cucumber Coins<br>Chilled Fruit Cup<br>Choice of 8oz Milk | 15 "The Favorite"<br>Twin Whole Grain<br>Cheese Pizza Sticks<br>Marinara Dipping Cup<br>Farm Fresh Salad<br>Juicy Seedless Grapes<br>Choice of 8oz Milk       | 16 "Big Beef"<br>Cheeseburger<br>on a Whole Wheat Bun<br>Fat Free Pretzels<br>Grape Tomato Poppers<br>Ranch Dressing<br>Sweet Clementine<br>Choice of 8oz Milk | 17 "Oh So Creamy"<br>Macaroni & Cheese<br>Whole Wheat Pasta<br>Warm Garlic Bread<br>Tossed Salad<br>Mixed Fruit Cup<br>Choice of 8oz Milk | Whole Grain personal<br>Pan Pizza<br>Whole Grain Snack,<br>Veggie of the Day<br>Fruit of the Day<br>Choice of 8oz Milk   |
| 20  | 21   | 22<br>Closed This Week<br><br>Have a Great<br>Vacation!   | 23   | 24  | Tyson Whole Grain<br>Breaded & Baked<br>Popcorn Chicken on a<br>Farm Fresh Salad,<br>Whole Grain Snack,<br>Veggie of the Day<br>Fruit of the Day<br>Choice of 8oz Milk<br><br>"Happy Sack"<br>Low Sugar, Whole<br>Grain Cereal Bowl,<br>Strawberry Yogurt,<br>Mozzarella String<br>Cheese,<br>Box of Raisins<br>Choice of 8oz Milk |
| 27 "Honey I Shrank<br>the Lunch"<br>Twin Mini Beef Sliders<br><i>(mini cheeseburgers)</i><br>Corn Nibbles<br>Ruby Red Apple<br>Choice of 8oz milk | 28 "Diner Delicious"<br>Oven Roasted<br>Chicken Dinner<br>Roasted Potatoes<br>Fresh Strawberries<br>Choice of 8oz Milk                         | 29 "Sunday Dinner"<br>Roasted Turkey<br>Dinner<br>Mashed Potatoes<br>with Gravy<br>Cranberry Sauce<br>Box of Raisins<br>Choice of 8oz Milk                    |  |   | Milk Includes:<br>1% White<br>Skim Chocolate   |

Lunch \$2.00, Reduced Lunch \$.40, FREE Breakfast EVERY DAY!!!



BREAKFAST MENU

Warm Whole Grain Mini pancakes or Warm Whole Grain Waffle or  
Warm Whole Grain Fruit Strudel or Warm Whole Grain Cini Mini Buns or  
Whole Grain Low Sugar Cereal Bowl  
Each Breakfast Entrée Comes with:  
General Mills Chewy Granola Bar  
100% Fruit Juice or Fruit Cup  
Choice of Milk

Menus are subject to  
change without notice.

