








2009-2010

FEBRUARY ELEMENTARY LUNCH MENU

ITEM CONTAINS PORK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CHICKEN NUGGETS BAKED BEANS MANDARIN ORANGES</p> <p>CATSUP</p>	<p>2</p> <p>HAMBURGER ON BUN PICKLE SLICES DICED PEARS</p> <p>CATSUP/MUSTARD</p>	<p>3</p> <p>CHEESE PIZZA TOSSED SALAD W/ ITALIAN DRESSING APPLE SLICES</p> 	<p>4</p> <p>CRISPY CHICKEN LEG MASHED POTATOES & GRAVY DINNER ROLL/MARGARINE PEACHES</p> 	<p>5</p> <p>MEATBALL SANDWICH GREEN BEANS PINEAPPLE TIDBITS</p>
<p>8</p> <p>CHICKEN NUGGETS BROCCOLI W/ CHEESE SAUCE DICED PEARS</p> <p>CATSUP</p> 	<p>9</p> <p>NACHOS SUPREME TORTILLA CHIPS CORN MANDARIN ORANGES</p>	<p>10</p> <p><u>ROUND PORK</u> <u>PEPPERONI PIZZA</u> TOSSED SALAD W/ RANCH DRESSING BANANA</p> 	<p>11</p> <p>HOT DOG ON BUN BAKED BEANS DICED PEACHES PRESIDENTAIL COOKIES</p> <p>CATSUP/MUSTARD</p>	<p>12</p> <p>NO SCHOOL! PARENT-TEACHER CONFERENCES</p>
<p>15</p> <p>NO SCHOOL! PRESIDENTS' DAY</p> 	<p>16</p> <p>CHICKEN PATTY ON BUN POTATO ROUNDS DICED PEACHES</p> <p>CATSUP/MUSTARD</p>	<p>17</p> <p>CHEESE PIZZA BABY CARROTS W/ RANCH DRESSING FRESH GRAPES</p>	<p>18</p> <p>SOFT BEEF TACO SHREDDED LETTUCE SALAD W/RANCH DRESSING MANDARIN ORANGES TACO SAUCE</p> 	<p>19</p> <p>WARM HAM & CHEESE CROISSANT VEGETABLE CHILI DICED PEARS CRACKERS</p>
<p>22</p> <p>CHICKEN NUGGETS CORN MANDARIN ORANGES</p> <p>CATSUP</p>	<p>23</p> <p>BREAKFAST FOR LUNCH FRENCH TOAST STICKS W/ TURKEY SAUSAGE LINKS CHILLED FRUIT JUICE APPLESAUCE SYRUP</p>	<p>24</p> <p>TURKEY PEPPERONI PIZZA TOSSED SALAD W/ ITALIAN DRESSING FRESH ORANGE SECTIONS</p> 	<p>25</p> <p>MACARONI & CHEESE CORN MUFFIN PEAS & CARROTS PINEAPPLE TIDBITS</p>	<p>26</p> <p>ITALIAN SUB SANDWICH (TURKEY HAM, TURKEY PEPPERONI & MOZZ CHEESE) GREEN BEANS APPLESAUCE CATSUP/MUSTARD</p>

ASSORTED MILK SERVED DAILY

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.

