






2009-2010

**FEBRUARY SECONDARY LUNCH MENU**

***ITEM CONTAINS PORK***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 POPCORN CHICKEN BOWL CORN BREAD/MARGARINE	2 <b>PEPPERONI PIZZA</b> CALIFORNIA BLEND VEGS BLENDED FRUIT JUICE PEANUT BUTTER COOKIE	3 SALISBURY STEAK MACARONI & CHEESE PEAS GELATIN W/TOPPING	4 HOT DOG ON BUN W/ CONEY SAUCE POTATO TRIANGLES BROWNIE W/CHOCOLATE FROSTING	5 NACHOS SUPREME TORTILLA CHIPS SHREDDED LETTUCE SALAD  <i>SALSA/SOUR CREAM</i>
8 SPICY CHICKEN FINGERS SCALLOPED POTATOES MIXED VEGETABLES BREAD/MARGARINE <i>BBQ SAUCE</i>	9 <b>PEPPERONI PIZZA</b>  BROCCOLI GRAPE JUICE PEANUT BUTTER COOKIE	10 MEXICAN CHICKEN RICE BOWL SHREDDED LETTUCE SALAD GELATIN CAKE W/ WHIPPED TOPPING <i>SALSA/SOUR CREAM</i>	11 SPAGHETTI W/MEATSAUCE GREEN BEANS GARLIC TOAST GELATIN W/TOPPING	12 <b>NO SCHOOL!</b>  <b>PARENT-TEACHER CONFERENCES</b>
15 <b>NO SCHOOL!</b> <b>PRESIDENTS' DAY</b> 	16 <b>PEPPERONI PIZZA</b> GREEN BEANS ORANGE JUICE CHOCOLATE CHIP COOKIE	17 TOASTED CHEESE SANDWICH POTATO TRIANGLES GELATIN W/TOPPING	18  CHEESEBURGER ON BUN POTATO TRIANGLES PICKLE/PEPPER RELISH HOLLYWOOD SQUARES	19 CHICKEN PATTY SANDWICH SWEET POTATOES PEAS
22 CHICKEN WRAP SANDWICH W/CHEESE & RANCH DRESSING SHREDDED LETTUCE SALAD BLENDED JUICE	23  <b>FRENCH BREAD</b> <b>PEPPERONI PIZZA</b> CALIFORNIA BLEND VEGS APPLE JUICE PEANUT BUTTER COOKIE	24 MOZZARELLA CHEESE STICKS W/ITAL DIPPING SAUCE COOKED CARROTS  CHOCOLATE CAKE W/ PEANUT BUTTER FROSTING	25 SLICED TURKEY RICE W/GRAVY MIXED VEGETABLES GELATIN W/TOPPING	26 CHILI W/CHEESE TORTILLA CHIPS SHREDDED LETTUCE SALAD  <i>SALSA/SOUR CREAM</i>

ALTERNATIVE DAILY ENTRÉE MAY INCLUDE, WHEN AVAILABLE: HAMBURGER ON BUN AND/OR CHEF SALAD. DAILY MEAL INCLUDES CHOICE OF ASSORTED FRUIT AND ASSORTED MILK.

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.

