

Milk is available with all lunches

Daily Milk Choices include:
1%, 2%, Skim, 1% Chocolate

February 2010
Elementary

Daily fruit choices include a
variety of fresh, canned, and
100% fruit juice.

<i>Alternates</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Turkey Sandwich Yogurt/Bagel Plate Chef Salad</i>	1 Meatball Grinder Onion Rings Garden Salad Choice of Fruit	2 Cheese Dippers Shells Marinara Sauce Green Beans Choice of Fruit	3 Beefburger or Cheeseburger on a Whole Wheat Roll Lettuce & Tomato Potato Rounds Choice of Fruit	4 Chicken Nuggets Seasoned Noodles <i>Fresh Cooked Carrots</i> Choice of Fruit	5 Pizza Round Pasta Salad Choice of Fruit
<i>Ham & Cheese Sandwich Yogurt/Bagel Plate Chef Salad</i>	8 Hot Dog on a Whole Wheat Roll Baked Beans French Fries Choice of Fruit	9 French Toast Sticks Sausage Links 100% Fruit Juice Choice of Fruit	10 American Cheese Rolls Tomato Soup Choice of Fruit Cheddar Goldfish	11 Nacho Supreme Tortilla Chips Seasoned Meat Rice Cheese Sauce Salsa, Sour Cream Lettuce & Tomato Choice of Fruit	12 Pizza Wedge Baby Carrots & Low Fat Dip Choice of Fruit Shape Up Cup
	15	16	17	18	19
Winter Vacation					
<i>Tuna Sandwich Yogurt/Bagel Plate Chef Salad</i>	22 Chicken Tenders Rice Green Beans Choice of Fruit	23 Pasta & Meatsauce Garlic Bread Garden Salad Choice of Fruit	24 Baked Fish Sticks <i>Fresh Steamed</i> Broccoli Cheese Sauce Choice of Fruit	25 Chicken Patty on a Whole Wheat Roll Lettuce & Tomato Corn Choice of Fruit	26 Pizza Veggie Sticks & Low Fat Dip Choice of Fruit

Menu subject to change