




Early Childhood (Pre-K) Lunch Menu

February 2012

The cost of a paid student meal is **\$1.35**. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 1-2 vegetable side dishes, 1 fruit side dish, & choice of 1% or skim white milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>This month's food focus is brown rice. In some parts of the world, "to eat" literally means "to eat rice."</p>	<p>1 Homemade Grilled Three-Cheese Sandwich on Whole Wheat Bread w/ Tomato Dipping Sauce Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing Chilled Peach Cup</p>	<p>2 All Natural Chicken Nuggets w/ BBQ Dipping Sauce Whole Wheat Dinner Roll Roasted Garlic Lemon Broccoli Fresh Carrot Sticks w/ Light Dressing Fresh Orange Wedges</p>	<p>3 No School</p>
<p>6 No School</p>	<p>7 Crispy Panko Breaded Fish Sandwich on a Whole Wheat Roll w/ Romaine & Homemade Tartar Sauce Seasoned Black Beans Chilled Pineapple Cup</p>	<p>8 All Natural Beef Meatball Marinara w/ Whole Wheat Spaghetti & Melted Mozzarella Cheese Crunchy Spinach Salad Locally Grown Apple</p>	<p>9 Homestyle Chicken & Biscuits, Served w/ Peas & Carrots in Chicken Gravy w/ a Whole Wheat Biscuit Roasted Butternut Squash Chilled Peach Cup</p>	<p>10 Fresh-Baked Homemade Cheese Pizza on Whole Wheat Crust Fresh Carrot Sticks w/ Light Ranch Dressing Fresh Orange Wedges</p>
<p>13 All-Natural Chicken Hot Dog on a Whole Wheat Bun Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing Savory Baked Beans Fresh Pear</p>	<p>14 Homemade Cheese & Spinach Lasagna Whole Wheat Dinner Roll Garlic & Herb Vegetable Medley Locally Grown Apple</p>	<p>15 Teriyaki Chicken & Broccoli Stir-Fry Brown Rice w/ Veggies Stir-Fried Fresh Vegetables w/ Napa Cabbage & Bok Choy Chilled Peach Cup</p>	<p>16 Chicken & Spinach Florentine Whole Wheat Flatbread Roasted Sweet Potato Fries Chilled Pineapple Cup</p>	<p>17 Cajun Seasoned Tilapia Broccoli & Cheddar Brown Rice Pilaf Garlicky Kale Fresh Banana</p>
<p>20 President's Day</p>	<p>21 Cheddar Cheeseburger on a Whole Wheat Roll Romaine, Tomato, Ketchup & Mustard for Sandwich Topping Savory Baked Beans Fresh Carrot Sticks w/ Light Ranch Dressing Chilled Pineapple Cup</p>	<p>22 Whole Grain Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese Caesar Romaine Salad w/ Parmesan Cheese & Croutons Locally Grown Apple</p>	<p>23 Curry Chicken Brown Rice Pilaf Seasoned Green Beans Fresh Orange Wedges</p>	<p>24 Rotisserie Style Bone-In Chicken w/ Whole Wheat Biscuit Seasoned Stuffing Baked Local Sweet Potato Chilled Peach Cup</p>
<p>27 Grilled Chicken Sandwich on a Whole Wheat Bun w/ Romaine, Tomato, & Honey Mustard Sauce Savory Baked Beans Chilled Pineapple Cup</p>	<p>28 Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Roma Herb Baked Potato Wedges Fresh Pear</p>	<p>29 Homemade Grilled Three-Cheese Sandwich on Whole Wheat Bread w/ Tomato Dipping Sauce Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing Locally Grown Apple</p>	<p>Brown rice is a good source of fiber and B vitamins. The complex carbohydrates in brown rice provide sustained energy for moving, thinking, and concentrating in school. Challenge of the month: Make one dinner each week using brown rice! Hint: Black Bean & Brown Rice Burritos are a start!</p>	