




## Elementary (K-5) 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 <b>brown rice</b>. 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</p> <p>Fresh Side Salad w/ Romaine &amp; Tomatoes, Low Fat Salad Dressing</p> <p>Chilled Peach Cup</p>	<p>2 All Natural Chicken Nuggets w/ BBQ Dipping Sauce Whole Wheat Dinner Roll</p> <p>Roasted Garlic Lemon Broccoli</p> <p>Fresh Carrot Sticks w/ Light Dressing</p> <p>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 &amp; Homemade Tartar Sauce</p> <p>Seasoned Black Beans Roma Herb Baked Potato Wedges</p> <p>Chilled Pineapple Cup</p>	<p>8 All Natural Beef Meatball Marinara w/ Whole Wheat Spaghetti &amp; Melted Mozzarella Cheese</p> <p>Seasoned Green Beans</p> <p>Crunchy Spinach Salad</p> <p>Locally Grown Apple</p>
<p>13 All-Natural Chicken Hot Dog on a Whole Wheat Bun</p> <p>Fresh Side Salad w/ Romaine &amp; Tomatoes, Low Fat Salad Dressing Savory Baked Beans</p> <p>Fresh Pear</p>	<p>14 Homemade Cheese &amp; Spinach Lasagna</p> <p>Whole Wheat Dinner Roll</p> <p>Garlic &amp; Herb Vegetable Medley</p> <p>Locally Grown Apple</p>	<p>15 Teriyaki Chicken &amp; Broccoli Stir-Fry Brown Rice w/ Veggies</p> <p>Stir-Fried Fresh Vegetables w/ Napa Cabbage &amp; Bok Choy</p> <p>Chilled Peach Cup</p>	<p>16 Chicken &amp; Spinach Florentine Whole Wheat Flatbread</p> <p>Roasted Sweet Potato Fries</p> <p>Chilled Green Bean Salad</p> <p>Chilled Pineapple Cup</p>	<p>17 Cajun Seasoned Tilapia</p> <p>Broccoli &amp; Cheddar Brown Rice Pilaf</p> <p>Garlicky Kale</p> <p>Fresh Banana</p>
<p>20 President's Day</p>	<p>21 Charbroiled Beef &amp; Cheddar Cheeseburger (or Plain Burger) on a Whole Wheat Roll Romaine, Tomato, Ketchup &amp; Mustard for Sandwich Topping Savory Baked Beans Fresh Carrot Sticks w/ Light Ranch Dressing</p> <p>Chilled Pineapple Cup</p>	<p>22 Whole Grain Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese</p> <p>Seasoned Green Beans</p> <p>Caesar Romaine Salad w/ Parmesan Cheese &amp; Croutons</p> <p>Locally Grown Apple</p>	<p>23 Curry Chicken Brown Rice Pilaf</p> <p>Seasoned Green Beans</p> <p>Roasted Corn &amp; Carrots</p> <p>Fresh Orange Wedges</p>	<p>24 Rotisserie Style Bone-In Chicken w/ Whole Wheat Biscuit</p> <p>Seasoned Stuffing</p> <p>Baked Local Sweet Potato Half</p> <p>Chilled Peach Cup</p>
<p>27 Grilled Chicken Sandwich on a Whole Wheat Bun w/ Romaine, Tomato, &amp; Honey Mustard Sauce</p> <p>Roasted Corn &amp; Carrots</p> <p>Savory Baked Beans</p> <p>Chilled Pineapple Cup</p>	<p>28 Red Chili w/ Beef &amp; Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread</p> <p>Roma Herb Baked Potato Wedges</p> <p>Fresh Pear</p>	<p>29 Homemade Grilled Three-Cheese Sandwich on Whole Wheat Bread w/ Tomato Dipping Sauce</p> <p>Fresh Side Salad w/ Romaine &amp; Tomatoes, Low Fat Salad Dressing</p> <p>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.</p> <p><b>Challenge of the month:</b> Make one dinner each week using brown rice!</p> <p><b>Hint:</b> Black Bean &amp; Brown Rice Burritos are a start!</p>	

### Alternate Cold Menu Choices

Available Daily: Garden Salad w/ Cheese & Light Salad Dressing, Whole Wheat Roll

**Mondays:**  
Turkey Ham & Cheddar Sandwich on Whole Wheat Bread w/ Carrot Sticks & Light Salad Dressing

**Tuesdays:**  
Grilled Chicken Caesar Salad w/ Romaine Lettuce, Whole Wheat Dinner Roll, Light Salad Dressing

**Wednesdays:**  
Grilled Chicken Rotini Pasta Salad w/ Broccoli, Tomatoes, Carrots, Onion, w/ Light Italian Dressing

**Thursdays:**  
Turkey & Provolone Cheese Sandwich on a Whole Wheat Hoagie Roll w/ Cucumber Slices & Light Salad Dressing

**Fridays:**  
Cobb Salad w/ Diced Turkey Ham, Hard Boiled Egg, Cheddar Cheese, Fresh Veggies, Whole Wheat Dinner Roll, Light Salad Dressing