



## Afterschool Supper Menu for All Schools (K-12)

February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p>Juice can be a good way to get in another serving fruit- as long as it is <b>100% juice</b>. Drinking 100 % juice ensures that you are getting the nutrients from the fruit and not just drinking a mixture of water, sugar, and artificial flavors and colors.</p>		<p>Turkey Ham &amp; Provolone Sandwich on a Whole Wheat Hoagie Roll w/ Romaine &amp; Tomato</p> <p>Mixed Berry 100% Juice 1% Milk</p>	<p>Grilled Chicken Pasta Salad w/ Whole Wheat Rotini, Broccoli, Carrots, Tomatoes, &amp; Light Italian Dressing</p> <p>Chilled Pineapple Cup 1% Milk</p>	<p>No School</p>
6	7	8	9	10
<p>No School</p>	<p>Pesto Pasta Salad w/ Grilled Chicken, Tomatoes, Diced Zucchini, &amp; Mozzarella Cheese</p> <p>100% Apple Juice 1% Milk</p>	<p>Honey Mustard Turkey Ham &amp; Cheese Sandwich on Whole Wheat Bread w/ Romaine &amp; Tomato</p> <p>Chilled Peach Cup 1% Milk</p>	<p>Southwestern Chipotle Chicken Pasta Salad w/ Whole Wheat Rotini, Fresh Spinach, &amp; Diced Tomatoes</p> <p>Chilled Applesauce Cup 1% Milk</p>	<p>Oven Roasted Turkey &amp; Cheddar Whole Wheat Wrap w/ Romaine &amp; Tomato</p> <p>Fresh Banana 1% Milk</p>
13	14	15	16	17
<p>Turkey &amp; Cheddar Sandwich on a Whole Wheat Hoagie Roll</p> <p>Fresh Baby Carrots w/ Light Ranch Dressing</p> <p>100% Mixed Berry Juice 1% Milk</p>	<p>Spicy Chicken Taco Bowl w/ Romaine, Diced Tomato, Corn, &amp; Shredded Cheddar</p> <p>Served w/ Whole Grain Tortilla Chips &amp; Light Ranch Dressing</p> <p>Chilled Peach Cup 1% Milk</p>	<p>Mediterranean Turkey, Mozzarella, &amp; Spinach Whole Wheat Wrap w/ Light Basil Pesto Aioli</p> <p>Chilled Applesauce Cup 1% Milk</p>	<p>Grilled Chicken Caesar Salad w/ Romaine, Parmesan Cheese, &amp; Croutons</p> <p>Served w/ Caesar Dressing &amp; Wheat Dinner Roll</p> <p>Fresh Pear 1% Milk</p>	<p>Sweet &amp; Crunchy Chicken Salad Sandwich on Whole Wheat Bread w/ Romaine Lettuce</p> <p>Locally Grown Apple 1% Milk</p>
20	21	22	23	24
<p>No School</p>	<p>Mandarin Chicken Pasta Salad w/ Shredded Carrots, Red Cabbage, &amp; Mandarin Oranges</p> <p>Chilled Applesauce Cup 1% Milk</p>	<p>Turkey Ham &amp; Provolone Sandwich on a Whole Wheat Hoagie Roll w/ Romaine &amp; Tomato</p> <p>Mixed Berry 100% Juice 1% Milk</p>	<p>Grilled Chicken Pasta Salad w/ Whole Wheat Rotini, Broccoli, Carrots, Tomatoes, &amp; Light Italian Dressing</p> <p>Chilled Peach Cup 1% Milk</p>	<p>Turkey Club Sandwich on Whole Wheat Bread w/ Oven Roasted Turkey, Turkey Bacon, Romaine, Tomato, &amp; Light Mayonnaise</p> <p>Locally Grown Apple 1% Milk</p>
27	28	29		
<p>Farmstand Turkey &amp; Swiss Whole Wheat Wrap w/ Local Seasonal Vegetables</p> <p>Fresh Pear 1% Milk</p>	<p>Pesto Pasta Salad w/ Grilled Chicken, Tomatoes, Diced Zucchini, &amp; Mozzarella Cheese</p> <p>100% Orange Juice 1% Milk</p>	<p>Honey Mustard Turkey Ham &amp; Cheese Sandwich on Whole Wheat Bread w/ Romaine &amp; Tomato</p> <p>Chilled Peach Cup 1% Milk</p>		<p><b>"100% juice"</b> must be stated on the label. Next time you're in the grocery store, compare the choices and make sure your favorite is 100% juice!</p>