



February 2010 Midland Public Schools Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Egg Patty & Cheese on English Muffin Potato Stick Applesauce	2 Soft Chicken Taco with Shredded Lettuce & Cheese Baby Carrots & Fruit Mix Bag of Funsize Doritos	3 Max Cheese Stuffed Breadsticks with Pizza Dipping Sauce Green Beans Diced Pears	4 Waffle Squares with Syrup & Sausage Patties Fruit Juice Diced Peaches	5 BChoice Menu Chicken & Noodles WW Bread Slice Mixed Veggies Pineapple Tidbits
Weekly Alternates:	Sack Lunch:	Sliced Bagel with Peanut	Butter	OR PBJ Sack Lunch
8 BChoice Menu WG Pepperoni Pizza Fresh Broccoli With Ranch Dip Cinnamon Apple Slices	9 Corn Dog On A Stick Baked Beans Banana	10 Chicken Tenders with Buttermilk Biscuit and Butter Cup Sweet Corn Pineapple Tidbits	11 French Toast Sticks With Syrup Scrambled Eggs Fruit Juice Applesauce	12 NO SCHOOL FOR STUDENTS 
Weekly Alternates:	Sack Lunch: Pizza Lunchable	with Crust, Pizza Sauce	& Mozz. Cheese	OR PBJ Sack Lunch
15 Grilled Cheese Sandwich Bowl of Tomato Soup Applesauce	16 BChoice Menu Hamburger On A Bun Vegetable Pasta Salad Diced Pears	17 Nachos! Nacho Pieces With Taco Meat & Cheese Sauce Baby Carrots Pineapple Tidbits	18 WG Chicken Nuggets Sweet Peas Fresh Orange Slices Bag of Mini Cookies	19 Turkey & Gravy With Dinner Roll Mashed Potatoes Diced Peaches
Weekly Alternates:	Sack Lunch:	Deli Turkey Sandwich	With Cookie	OR PBJ Sack Lunch
22 Pancakes with Syrup Sausage Links Fruit Juice Applesauce	23 Hot Dog on A Bun Potato Smiles Mandarin Oranges	24 Popcorn Chicken Bites With Soft Breadstick Sliced Carrots Fruit Mix	25 Personal Cheese Pizza Garden Lettuce Salad Diced Pears	26 BChoice Menu Home Made Beefaroni With Dinner Roll Sweet Corn Diced Peaches
Weekly Alternates:	Sack Lunch:	Yogurt Cup & String Cheese	with Goldfish Grahams	OR PBJ Sack Lunch
The Balanced Choice Program highlights meals that meet precise nutritional parameters to help students identify healthy meals		Nutrition Message On Menu Back	DID YOU KNOW? Breakfast is available daily at school. Eating breakfast is a healthy start to the school day.	Students that qualify for free or reduced lunch can also receive free or reduced breakfasts. (Breakfast)
	Menu Subject To	Change Without Notice		(Menu on Back)

* Self-Serve Food Bars offered with all meals include canned fruit of the day, fresh apple, baby carrots with ranch dip, and condiments

Questions? Call Dawn Madison (Director of Food & Nutrition Services) at 923-5011 or Sue Ross (Assistant) at 923-5585.

To sign up for EBites nutrition newsletters, check out our website at www.eatlearnlive.com For additional menu and nutrition info see the lunch section on the MPS Website

**All Alternate & PBJ
Uncrustable Sack Lunches
include Baby Carrots and
Food Bar.**

**All meals include choice of 2%
white or 1% chocolate milk**

Prices

Paid Lunch \$2.05
Reduced Lunch \$.40
Paid Breakfast \$1.25
Reduced Breakfast \$.30
Milk Only \$.50

Breakfast Menu on back

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