




February 2012 Midland Public Schools Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
	WG=Whole Grain	WG Pancakes With Syrup Chicken Sausage Patties Pineapple Juice Applesauce	Nacho Pieces with Seasoned Taco Meat & Cheese Sauce Fresh Broccoli Florets Diced Peaches	Turkey & Gravy Mashed Potatoes WG Dinner Roll Diced Pears
Weekly Alternates:	Sack Lunch:	Deli Turkey Sub Sandwich	With Fortune Cookie	OR PBJ Sack Lunch
6	7	8	9	10
BBQ Beef Rib/WG Bun Potato Smiles Fruit Mix Bag of Cookies with Lunch!	WG Stuffed Crust Pepperoni Pizza Spinach Salad Pineapple Tidbits	Popcorn Chicken Bites With WG Dinner Roll Rice & Beans Fresh Orange Wedges	WG Cinnamon French Toast with Syrup Scrambled Eggs Apple Juice Diced Peaches	Spaghetti with Meat Sauce Bosco Cheese Breadstick Green Beans Applesauce
Weekly Alternates:	Sack Lunch: Pizza Lunchable	with Crust, Pizza Sauce	& Mozz. Cheese	OR PBJ Sack Lunch
13	14	15	16	17
WG Grilled Cheese Sandwich Bowl of Tomato Soup Fruit Mix	<i>Happy Valentines Day!</i> Cheeseburger On WG Bun Sweet Potatoes Crisscut Fries Diced Peaches	Nacho Pieces with Seasoned Taco Meat & Cheese Sauce Fresh Broccoli Florets Mandarin Oranges	WG Breaded Chicken Nuggets Pasta Bean Salad Wheat Soft Pretzel Rod Banana	NO SCHOOL 
Weekly Alternates: Sack	Lunch: <i>Lo-Fat Strawb. Yogurt</i>	<i>Cup</i> , String Cheese Stick	Scooby Doo Graham Stick	OR PBJ Sack Lunch
20	21	22	23	24
NO SCHOOL  President's Day	WG Pancakes With Syrup Chicken Sausage Patties Pineapple Juice Diced Pears	Bosco Stuffed Crust Cheese Pizza Caesar Side Salad Applesauce	Corn Dog on A Stick Potato Stick Fresh Orange Wedges	Home Made Chicken & Noodles WG Soft Breadstick Seasoned Carrots Diced Peaches
Weekly Alternates:	Sack Lunch: Chef Salad with	Ham & Cheese & Saltines	Boiled Egg & WG Roll	OR PBJ Sack Lunch
27	28	29		
Hot Dog on A WG Bun Baked Beans Fruit Mix	WG Breaded Chicken Nuggets WG Dinner Roll Oven Fries Mandarin Oranges	Home Made Macaroni & Cheese Wheat Soft Pretzel Rod Green Beans Diced Pears		FEBRUARY FOOD FOCUS IS: <i>Low Fat Yogurt</i> <i>Yogurt is a good source of protein and calcium.</i>
Weekly Alternates: Cereal	Fun Lunch: Bowl of Red. Sugar	Cereal & Graham Crackers	With Hard Boiled Egg	OR PBJ Sack Lunch

*Food Bar offered with meals includes romaine salad bowls, boxed raisins, fresh apples, baby carrots and canned fruit of the day.

Questions? Call Dawn Madison -Director of Food & Nutrition Services at 923-5011

The School Breakfast Program is available to all students every school day in the morning. Students that qualify for free or reduced lunch also receive free or reduced breakfast.

Check out the Nutrition Niblets Newsletter for Kids and the Eat Learn Live Times parent newsletter on the MPS website under the parent tab. Click on the Chartwells section for newsletters and other nutrition information.

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

All meals include choice of
1% white or skim chocolate milk

Prices

Paid Lunch	\$2.15
Reduced Lunch	\$.40
Paid Breakfast	\$1.25
Reduced Breakfast	\$.30
Milk Only	\$.50

Breakfast Menu on back

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