

# ELEMENTARY LUNCH

# FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Try low-fat yogurt at home as a tasty topping for tacos and baked potatoes, instead of fatty sour cream. Try making dips from yogurt or a yogurt and fruit parfait. YUM!!</i></p>		<p>1</p> <p>Chicken on Sandwich Broccoli Raisin Salad Green Beans OR Tossed Salad Pineapple</p> <p><i>Stir Fry / wheat roll</i></p>	<p>2</p> <p>Corn Dog Tater Tots Baked Beans OR Tossed Salad Fresh Orange</p> <p><i>Sloppy Joe on wheat bun</i></p>	<p>3</p> <p>Cheese Pizza Tossed Salad Ratatouille Fruit Cocktail w/grapes</p> <p><i>Cavatini /garlic roll</i></p>
<p>6</p> <p>Chicken Nuggets/wheat roll Broccoli &amp; Red Peppers Tossed Salad Fresh Orange</p> <p><i>Chicken Rice Cass wheat roll</i></p>	<p>7</p> <p>Chili / cinnamon biscuit Potato Chunks Gardeneria OR Tossed Salad Carrot Raisin Pineapple Salad</p> <p><i>Meatball Sandwich</i></p>	<p>8</p> <p>Chicken Fried Steak Mashed Potatoes/gravy Green Beans OR Tossed Salad Peaches/Strawberries/ Blueberries</p> <p><i>Chicken &amp; Noodle/wheat roll</i></p>	<p>9</p> <p>Mr. Rib on wheat bun Tater Tots Winter Mix OR Tossed Salad Apple Rings</p> <p><i>Tater Tot Cass. /wheat roll</i></p>	<p>10</p> <p>Sub Sandwich Baked Beans OR Tossed Salad Carrot Cilantro Slaw Pineapple &amp; Bananas</p> <p><i>Ravioli / wheat roll</i></p>
<p>13</p> <p>Chicken Patty on wheat bun Cheesy Potatoes Broccoli Raisin Salad OR Tossed Salad Tropical Fruit</p> <p><i>Beef Stew /whole grain biscuit</i></p>	<p>14</p> <p>Spaghetti/garlic bread Veggie Sticks OR Tossed Salad Baked Zucchini Pineapple</p> <p><i>Italian Chicken / garlic bread</i></p>	<p>15</p> <p>Hamburger on wheat bun Sweet Potato Fries Cool Beans OR Tossed Salad Pears &amp; Strawberries</p> <p><i>BBQ Beef on wheat bun</i></p>	<p>16</p> <p>Chili Frito / wheat roll Fresh Veggie Crudite OR Tossed Salad Corn Salad Fresh Orange</p> <p><i>Smothered Steak /wheat roll</i></p>	<p>17</p>
<p>20</p>	<p>21</p> <p>Hot Dog on a Wheat Bun Tater Tots Peas OR Salad w/spinach Mandarin Oranges/bananas</p> <p><i>Mac &amp; Cheese/ wheat roll</i></p>	<p>22</p> <p>Beef Bean Burrito/ wheat roll Sweet Corn Salad Whole Beans Or Tossed Salad Fruit Cocktail w/fresh grapes</p> <p><i>Enchilada Cass/ wheat roll</i></p>	<p>23</p> <p>Cowboy BBQ/ cornbread Broccoli w/red peppers Carrot Sticks OR Tossed Salad Cinnamon Applesauce</p> <p><i>Baked Potato w/cheese sauce pretzel</i></p>	<p>24</p> <p>Sausage Pizza Pasta Salad Mixed Veggies OR Tossed Salad Fresh Orange</p> <p><i>Tuna Pita</i></p>
<p>27</p> <p>Soft Corn Taco w/wheat roll Fiesta Rice Lettuce w/tomato &amp; cheese Tropical Fruit</p> <p><i>Veal Parmesan /wheat roll</i></p>	<p>28</p> <p>Grilled Chicken Sandwich Scalloped Potatoes Winter Mix OR Tossed Salad Carrot Pineapple Raisin Salad</p> <p><i>Meatloaf / wheat roll</i></p>	<p>29</p> <p>Chili Mac / wheat roll Cool Beans Peas &amp; Carrots OR Tossed Salad applesauce</p> <p><i>Turkey Wheat Wrap</i></p>		

**Fun Lunches - Available Daily**  
 Monday - Pretzel Bites, Veggie Pasta, Chocolate Pudding  
 Tuesday - PB&J  
 Wednesday - Yogurt, Bagel, Cheese  
 Thursday - Turkey & Cheese Sandwich  
 Friday - Pizza Dunkers

**FOOD FOCUS - YOGURT**  
 Low-fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and teeth

**Prices**

Student . . . . . \$2.05  
 Reduced . . . . . \$ .40  
 Adult . . . . . \$2.95

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