



# WS/FCS MIDDLE SCHOOL LUNCH - FEBRUARY 2012



**Sizzle Entrées include:** entrée, Sides, Assorted Fresh Fruit and choice of Milk - \$2.45

### FEBRUARY 1-3

- WED Taco Salad Bowl, Lima Beans, Green Beans, Peaches, Lettuce and Tomato
- THU Sweet n' Sour Chicken Bowl, Breadstick, Spinach, Oriental Vegetables, Pears
- FRI *Roasted Turkey Bowl, Brown Rice Pilaf, Sweet Potatoes, Glazed Carrots, Fresh Apple*

### FEBRUARY 6-10

- MON Burrito Bowl, White Rice, Mixed Vegetables, Applesauce, Lettuce & Tomato
- TUE Grilled Cheese Sandwich, Sweet Potatoes, Dinner Roll, Banana
- WED Chicken Parmesan, Pasta, Turnip Greens, Peaches, Marinara Sauce
- THU Pulled BBQ Pork, Pinto Beans, Broccoli, Biscuit, Mixed Fruit
- FRI Chicken Jambalaya, Green Beans, Baked Apples, Orange Wedges

### FEBRUARY 13-17

- MON Fiesta Potato Bowl, Diced Ham, Broccoli, Spinach, Breadstick, Mixed Fruit
- TUE Spicy Taco Salad Bowl, White Rice, Pinto Beans, Mexican Corn, Peaches
- WED Pulled BBQ Chicken Sandwich, Sweet Potato Wedges, Fruit Parfait
- THU Italian Pasta Bowl, Peas & Carrots, Fresh Apple, Garlic Breadstick
- FRI Chicken Nugget Bowl, Breadstick, Mixed Vegetables, Green Beans, Orange Wedges

### FEBRUARY 20-24

- MON NO SCHOOL - STUDENTS
- TUE North African Chicken Tajine, Brown Rice Pilaf, Normandy Vegetables, Orange Wedges
- WED Macaroni and Cheese Bowl, Spinach, Glazed Carrots, Applesauce
- THU Nacho Bowl, Mexican Corn, Pinto Beans, Peaches, Lettuce and Tomato
- FRI Roast Turkey Bowl, Brown Rice, Sweet Potatoes, Dinner Roll, Fresh Banana

### FEBRUARY 27-29

- MON Mediterranean Chicken Bowl, Dinner Roll, Mixed Vegetables, Broccoli, Applesauce
- TUE Cheese Quesadilla Bowl, Black-Eyed Peas, Green Beans, Peaches, Orange Wedges
- WED Italian Pasta Bowl, Normandy Vegetables, Pineapple, Glazed Carrots, Garlic Breadstick



Includes a choice of 2 sides and milk \$2.45

Featured Daily: Fresh Baked Cheese

### FEBRUARY 1-3

- WED Pepperoni Pizza and Veggie Pizza
- THU Hawaiian Pizza and Cheese Stromboli
- FRI Pepperoni Pizza and Buffalo Chicken Pizza

### FEBRUARY 6-10

- MON Meat Lover's Pizza and Roasted Tomato Pizza
- TUE Jalapeno Pizza and Cheese Calzone
- WED Sausage Lover's Pizza and Pepperoni Pizza
- THU Cheese Stromboli and Buffalo Chicken Pizza
- FRI Veggie Pizza and Pepperoni Pizza

### FEBRUARY 13-17

- MON Taco Pizza and Sausage Lover's Pizza
- TUE Cheese Calzone and Pepperoni Pizza
- WED Pepperoni Pizza and Veggie Pizza
- THU Hawaiian Pizza and Cheese Stromboli
- FRI Pepperoni Pizza and Buffalo Chicken Pizza

### FEBRUARY 20-24

- MON NO SCHOOL - STUDENTS
- TUE Jalapeno Pizza and Cheese Calzone
- WED Sausage Lover's Pizza and Pepperoni Pizza
- THU Cheese Stromboli and Buffalo Chicken Pizza
- FRI Veggie Pizza and Pepperoni Pizza

### FEBRUARY 27-29

- MON Taco Pizza and Sausage Lover's Pizza
- TUE Cheese Calzone and Pepperoni Pizza
- WED Pepperoni Pizza and Veggie Pizza

**BLACK HISTORY MONTH**

Celebrate Black History Month in the Cafeteria... Try the meals on 2/10 and 2/21!



When you get the Turkey Bowl on Friday 2/3, you will be entered into a district wide drawing for a \$25 Visa card One winner at the Middle School Level.



AVAILABLE DAILY  
Cheeseburgers or Chicken Filet on Whole Grain Buns

### FEBRUARY 1-3

- WED Grilled Chicken and Cheese Hoagie w/ Sweet Potato Wedges
- THU BBQ Pork Sandwich w/ Tater Tots
- FRI Pork Driblet Sandwich w/ Roma Herbed Potato Wedges

### FEBRUARY 6-10

- MON Hot Ham and Cheese Hoagie w/ Tater Tots
- TUE Meatball Sub Hoagie w/ Roma Herbed Potato Wedges
- WED Buffalo Chicken Sandwich w/ Sweet Potato Wedges
- THU Ham and Cheese Biscuit Sandwich w/ Tater Tots
- FRI Hot Dog on a Bun w/ Roma Herbed Potato Wedges

### FEBRUARY 13-17

- MON Chicken Cordon Bleu Sandwich w/ Tater Tots
- TUE Buffalo Chicken Hoagie w/ Roma Herbed Potato Wedges
- WED Grilled Chicken and Cheese Hoagie w/ Sweet Potato Wedges
- THU BBQ Pork Sandwich w/ Tater Tots

- FRI Pork Driblet Sandwich w/ Roma Herbed Potato Wedges

### FEBRUARY 20-24

- MON NO SCHOOL - STUDENTS
- TUE Meatball Sub Hoagie w/ Roma Herbed Potato Wedges
- WED Buffalo Chicken Sandwich w/ Sweet Potato Wedges
- THU Ham and Cheese Biscuit Sandwich w/ Tater Tots
- FRI Hot Dog on a Bun w/ Roma Herbed Potato Wedges

### FEBRUARY 27-29

- MON Chicken Cordon Bleu Sandwich w/ Tater Tots
- TUE Buffalo Chicken Hoagie w/ Roma Herbed Potato Wedges
- WED Grilled Chicken and Cheese Hoagie w/ Sweet Potato Wedges

All Taste Sandwiches include a choice of two sides and milk for \$2.45 (We offer wheat rolls with all our Taste Sandwiches)



Make your meal complete! When you eat a complete meal you will curb hunger and increase your energy!

## Meet our Logos:

### Balanced Choices

An asterisk (\*) denotes meals that meet strict nutrient parameters for calories, fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% chocolate or 1% White Milk



### Locally Grown

This initiative is part of Chartwells continued commitment to the health & welfare of the students we serve. It is also an opportunity for us to contribute to the local economy. Our monthly locally grown menu features are indicated on the menu. Fresh Apples are offered everyday and are locally grown.



Our menus recognize the positive impact whole grains can make on the health of children. We strive to make half our grains whole.



## LOCALLY FRESH THIS MONTH:

Squash, Tomatoes, Cucumbers, Apples & Sweet Potatoes!

Fresh Fruit offered EVERY day!

**Non-Discrimination Statement:** This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

