

Elementary School Lunch Menu

February 2010

1- 5 FEBRUARY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1
Baked Chicken w/ Dinner Roll Blackbean Burger on a Bun (V) Nic Nac Chicken Salad w/ Crackers Vegetarian Options Blackbean Burger on a Bun (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Baked Chicken w/ GF Bread (GF)	Tony's Cheese Pizza Wedge(V) Chicken Fillet on WG Bun Ham Salad w/ Crackers Vegetarian Options Cheese Pizza (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options French Bread Pizza (GF)	Spaghetti w/ Meat Sauce & Bread Stick Turkey Sandwich Grilled Chicken Caesar w/ Crackers Vegetarian Options Spaghetti w/ Sauce & Cheese (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Mac & Meat Sauce (GF)	BBQ Riblets w/ Dinner Roll Breaded Chicken Chunks w/ Dinner Roll Chef Salad w/ Crackers Vegetarian Options Chik'n Nuggets (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Chicken Nuggets (GF)	Lasagna w/ Garlic Toast Fish Sticks w/ Garlic Toast Chicken Fillet Salad w/ Crackers Vegetarian Options Baked Potato w/ Cheese (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Fish Sticks (GF)
Side Items - Choose 3	Side Items - Choose 2	Side Items - Choose 3	Side Items - Choose 2	Side Items - Choose 3
Flame Roasted Potato Medley Sweet Kernel Corn Chilled Pineapples Craisins Dolphin Crackers	Carrot & Celery w/FF Dip Tomato & Cucumber Salad Mixed Fruit Cup Fresh Sliced Apples	Green Beans Garden Side Salad Chilled Pears Fresh Fruit Cup Whole Fruit Juice Bar	Mashed Potatoes w/ Gravy Steamed Broccoli Chilled Peaches Banana	Steamed Carrots Green Beans Applesauce Juicy Orange Wedges Blueberry Muffin

8 - 12 FEBRUARY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1
Hamburger on a Bun Grilled Cheese Sandwich (V) Nic Nac Chicken Salad w/ Crackers Vegetarian Options Grilled Cheese Sandwich (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Grilled Cheese GF Bread (GF)	Teriyaki Chicken Dippers!** Flatbread Cheese Pizza (LTO) Ham Salad w/ Crackers Vegetarian Options Orange Ginger Chik'n Bowl** (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Chicken Fillet on GF Bread (GF)	Philly Cheese Sandwich Hotdog on a Bun Turkey Salad w/ Crackers Vegetarian Options Cheese Salad w/ Crackers (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Cheese Salad (GF)	Chicken Sliders Meatball Sub Sandwich Chef Salad w/ Crackers Vegetarian Options Italian Pasta & Cheese Salad (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Turkey on Corn Tortilla Wrap (GF)	Breakfast Panini Sausage Patty*** (V) Chicken Fillet Salad w/ Crackers Vegetarian Options Cheese Omelet (V) or Sausage Patty (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options French Toast Sticks (GF)
Side Items - Choose 3	Side Items - Choose 2	Side Items - Choose 2	Side Items - Choose 3	Side Items - Choose 2
Deli Roasters Steamed Broccoli Mandarin Oranges Melon Fruit Cup Elf Grahams	Mediterranean Vegetable Blend Green Beans Chilled Peaches Chilled Pineapples **Brown Rice	Baked Beans Steamed Carrots Fresh Fruit Cup Applesauce	Sweet Potato Wedges Spinach & Tomato Salad Chilled Pears Juicy Orange Wedges Italian Pasta Salad	Deli Roasters Montego Bay Veggie Blend Fruit Cocktail Fresh Sliced Apples ***French Toast Sticks

Note: Milk offered daily

*Fruit & Yogurt Parfait availability may vary depending on location

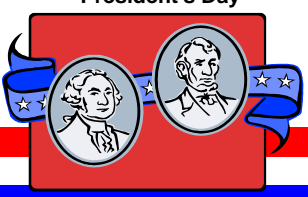
LTO=Limited Time Offer

Beginning 5 October Vegetarian and Gluten-Free Options are available. Please see your school Nurse or Cafeteria Manager to order these options.

*****Some schools offer fewer choices than listed above for various reasons. Please see your cafeteria manager with questions.*****

Elementary School Lunch Menu

February 2010

15- 19 FEBRUARY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>President's Day</p>	Entrée - Choose 1 Turkey w/ Savory Herb Stuffing Breaded Chicken Chunks w/ DR Ham Salad Vegetarian Options Blackbean Burger (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Chicken Nuggets (GF)	Entrée - Choose 1 Chicken & Mashed Potato Bowl Ham & Cheese Sandwich Turkey Salad Vegetarian Options Chik'n & Mashed Potato Bowl (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Bkd Chicken w/ Mashed Potatoes (GF)	Entrée - Choose 1 Hearty Pasta Bake w/ Dinner Roll Turkey Club Panini Chef Salad Vegetarian Options Cheese Pizza Dippers (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Mac & Meat Sauce (GF)	Entrée - Choose 1 Mozzarella Sticks (V) Chicken Alfredo w/ Pasta Chicken Fillet Salad Vegetarian Options Mozzarella Sticks (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Baked Potato w/ Cheese (GF)
	Side Items - Choose 3	Side Items - Choose 3	Side Items - Choose 3	Side Items - Choose 3
	Roasted Vegetable Medley	Green Beans	Flame Roasted Potato Medley	Garden Salad
	Steamed Carrots	Montego Bay Veggie Blend	Cucumber & Carrots w/ FF Dip	Cauliflower & Carrots
	Mixed Fruit Cup	Chilled Peaches	Applesauce	Chilled Pears
Juicy Orange Wedges	Fresh Seasonal Fruit	Banana	Mandarin Oranges	
Dinner Roll / Whole Fruit Bar	Oatmeal Cookie	Hearty Vegetable Soup	Fruited Jell-O	

22 - 26 FEBRUARY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée - Choose 1 Corn Dog Club Submarine Nic Nac Chicken Salad Vegetarian Options Veggie Wrap (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Turkey Corn Dog (GF)	Entrée - Choose 1 Chicken & Cheese Quesadilla Turkey Tetrazzini Ham Salad Vegetarian Options Grilled Cheese (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Chicken Quesadilla on Corn Tortilla (GF)	Entrée - Choose 1 Beef & Broccoli Bowl* Mac & Cheese Entrée (V) Turkey Salad Vegetarian Options Mac & Cheese Entrée (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Mac & No Cheese (GF)	Entrée - Choose 1 Chicken Tenders w/ Dinner Roll Beef Ravioli Chef Salad Vegetarian Options Chik'n Nuggets w/ Dinner Roll (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Chicken Pattie (GF)	Entrée - Choose 1 Pepperoni Pizza Ranch Turkey/Cheese Wrap Chicken Fillet Salad Vegetarian Options Cheese Pizza Strips (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options French Bread Pizza (GF)
Side Items - Choose 2	Side Items - Choose 3	Side Items - Choose 2	Side Items - Choose 2	Side Items - Choose 2
Montego Bay Veggie Blend	Deli Roasters	Steamed Carrots	Green Beans	Broccoli, Carrots & Cauliflower
Cauliflower	Romaine & Tomato Salad	Garden Side Salad	Sweet Kernel Corn	Carrots & Celery ww/ FF Dip
Chilled Peaches	Mandarin Oranges	Fruit Cocktail	Applesauce	Juicy Orange Wedges
Melon Fruit Cup	Fresh Sliced Apples	Seasonal Fruit	Banana	Chilled Pears
Chicken Noodle Soup	Blueberry Muffin	Brown Rice*	Chocolate Chip Cookie	

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Students are encouraged to select all meal components: meat/meat alternative, vegetable, fruit grain and milk.

