



ELEMENTARY SCHOOL LUNCH MENU FEBRUARY 2012



Monday	Tuesday	Wednesday	Thursday	Friday
<p>February Highlights</p> <p>American Heart Month</p> <p>African American History Month</p> <p>Children's Dental Health Month</p> <p>Library Lovers Month</p> <p>Groundhog Day, 2/2</p> <p>Valentines Day, 2/14</p>				
<p>1</p> <p>Baked Chicken Tenders (3) w/Fruit Roll (WG)</p> <p>Cheese Quesadilla (WG)</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Whipped Sweet Potatoes</p> <p>Steamed Broccoli</p> <p>Applesauce</p> <p>Chilled Peaches</p> <p>Dried Fruit</p> <p>NO SALADS AVAILABLE</p>	<p>2 <i>Groundhog Day</i></p> <p>Soft Taco on Flat Bread (WG) </p> <p>w/Shredded Cheese</p> <p>Spicy Chicken on Bun (WG)</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Refried Beans</p> <p>Lettuce & Tomato</p> <p>Chilled Pears w/Cherry Garnish</p> <p>Fresh Apple Slices</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Oriental Chicken Salad w/Pretzel (WG)</p> <p>Chef Salad w/Cheese w/Pretzel (WG)</p>	<p>3 <i>Give Me 5! Colors That Jive!</i></p> <p>Cheese Pizza (WG)</p> <p>Pepperoni Pizza (WG) </p> <p>Baked Fish Fillet on Bun (WG)</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Green Peas</p> <p>Cauliflower & Baby Carrots</p> <p>Pineapple w/Cherry Garnish</p> <p>Frozen Fruit Juice Bar</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Fruit Salad w/String Cheese & Yogurt w/Pretzel (WG)</p>		
<p>6</p> <p>Macaroni & Cheese w/Flat Bread (WG)</p> <p>Hot Turkey Ham & Cheese on Croissant (WG)</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Steamed Broccoli</p> <p>Celery Sticks & Baby Carrots w/Dip</p> <p>Orange Quarters w/Kiwi</p> <p>Applesauce</p> <p>Dried Fruit</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Chicken Caesar Salad w/Pretzel (WG)</p> <p>Chef's Salad w/Cheese & Egg w/Pretzel (WG)</p>	<p>7 <i>Give Me 5! Colors That Jive!</i></p> <p>Baked Chicken Tenders (3) w/Fruit Roll (WG)</p> <p>Baked Potato w/Beef Chili & Cheese Sauce w/Fruit Roll (WG)</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Baked Potato</p> <p>Succotash (Lima Beans with Corn)</p> <p>Jicama & Sugar Snap Peas w/Dip</p> <p>Chilled Pears w/Cherry Garnish</p> <p>Honeydew</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Taco Salad w/Chili w/Chips (WG) or Pretzel (WG)</p> <p>Chef Salad w/Tuna w/Pretzel (WG)</p>	<p>8 <i>Give Me 5! Colors That Jive!</i></p> <p>Hamburger on Bun (WG)</p> <p>Cheeseburger on Bun (WG)</p> <p>Grilled Cheese Sandwich (WG)</p> <p>Peanut Butter Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Baked Smiley Potatoes</p> <p>Seasoned Chili Beans</p> <p>Lettuce, Tomato & Pickle</p> <p>Banana</p> <p>Fruit Crisp w/Whipped Topping</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Southwest Spicy Chicken Salad w/Black Beans & Corn w/Pretzel (WG)</p> <p>Fruit Salad w/Yogurt & Sun Butter w/Pretzel (WG)</p>	<p>9</p> <p>Spaghetti w/ Meat Sauce w/Flat Bread (WG)</p> <p>Spaghetti w/Marinara Sauce w/Flat Bread (WG)</p> <p>Chicken Pattie on Bun (WG)</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Steamed Green Beans</p> <p>Broccoli Carrot Confetti</p> <p>Pineapple w/Cherry Garnish</p> <p>Fresh Apple Slices</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Oriental Chicken Salad w/Pretzel (WG)</p> <p>Chef Salad w/Cheese w/Pretzel (WG)</p>	<p>10 <i>Give Me 5! Colors That Jive!</i></p> <p>French Bread Pizza</p> <p>Fish Taco on Flat Bread (WG)</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Mixed Vegetables</p> <p>Lettuce & Tomato</p> <p>Cauliflower & Baby Carrots w/Dip</p> <p>Chilled Peaches</p> <p>Frozen Fruit Juice Bar</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Fruit Salad w/String Cheese & Yogurt w/Pretzel (WG)</p>
<p>13</p> <p>Baked Cheese Sticks (WG) w/Marinara Sauce</p> <p>Bean & Cheese Burrito</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Campbell's Minestrone Soup</p> <p>Golden Corn</p> <p>Orange Quarters w/Kiwi</p> <p>Applesauce</p> <p>Dried Fruit</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Chicken Caesar Salad w/Pretzel (WG)</p> <p>Chef's Salad w/Cheese & Egg w/Pretzel (WG)</p>	<p>14 <i>Happy Valentines Day!</i></p> <p>Baked Chicken Tenders (3) w/Brown Rice (WG)</p> <p>Pork Egg Roll w/Brown Rice (WG) </p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Seasoned Black Beans</p> <p>Baby Carrots & Celery Sticks w/Dip</p> <p>Chilled Pineapple w/Cherry Garnish</p> <p>Honeydew</p> <p>Valentine's Frozen Fruit Juice Sherbert</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Taco Salad w/Chili w/Chips (WG) or Pretzel (WG)</p> <p>Chef Salad w/Tuna w/Pretzel (WG)</p>	<p>15 <i>Give Me 5! Colors That Jive!</i></p> <p>Canadian Turkey Bacon w/Egg & Cheese on Croissant (WG)</p> <p>Cheese Quesadilla (WG)</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Baked Sweet Potato Rounds</p> <p>Tossed Salad w/Spinach</p> <p>Banana</p> <p>Fruit Crisp w/Whipped Topping</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Southwest Spicy Chicken Salad w/Black Beans & Corn w/Pretzel (WG)</p> <p>Fruit Salad w/Yogurt, Sun Butter w/Pretzel (WG)</p>	<p>16</p> <p>Tortilla Chips (WG) w/Taco Meat & Cheese Sauce</p> <p>Spicy Chicken on Bun (WG)</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Baked Smiley Potatoes</p> <p>Lettuce & Tomato</p> <p>Chilled Pears w/Cherry Garnish</p> <p>Fresh Apple Slices</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Oriental Chicken Salad w/Pretzel (WG)</p> <p>Chef Salad w/Cheese w/Pretzel (WG)</p>	<p>17 <i>Give Me 5! Colors That Jive!</i></p> <p>Cheese Pizza</p> <p>Pepperoni Pizza </p> <p>Veggie Pizza (WG)</p> <p>Supreme Pizza (WG) </p> <p>Baked Fish Fillet on Bun (WG)</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Green Peas</p> <p>Cauliflower & Baby Carrots w/Dip</p> <p>Chilled Peaches</p> <p>Frozen Fruit Juice Bar</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Fruit Salad w/String Cheese & Yogurt w/Pretzel (WG)</p>
<p>20</p> <p>President's Day Holiday</p>	<p>21</p> <p>Baked Chicken Tenders (3) w/Fruit Roll (WG)</p> <p>Hot Turkey Ham & Cheese on Croissant (WG)</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Whipped Potatoes w/Gravy</p> <p>Succotash (Lima Beans with Corn)</p> <p>Baby Carrots w/Dip</p> <p>Chilled Pears w/Cherry Garnish</p> <p>Dried Fruit</p> <p>NO SALADS AVAILABLE</p>	<p>22</p> <p>Hamburger on Bun (WG)</p> <p>Cheeseburger on Bun (WG)</p> <p>Grilled Cheese Sandwich (WG)</p> <p>Peanut Butter Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Baked Smiley Potatoes</p> <p>Seasoned Chili Beans</p> <p>Lettuce, Tomato & Pickle</p> <p>Orange Quarters</p> <p>Fruit Crisp w/Whipped Topping</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Southwest Spicy Chicken Salad w/Black Beans & Corn w/Pretzel (WG)</p> <p>Fruit Salad w/Yogurt & Sun Butter w/Pretzel (WG)</p>	<p>23 <i>Give Me 5! Colors That Jive!</i></p> <p>Spaghetti w/ Meat Sauce w/Flat Bread (WG)</p> <p>Spaghetti w/Marinara Sauce w/Flat Bread (WG)</p> <p>Chicken Pattie on Bun (WG)</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Steamed Green Beans</p> <p>Tossed Romaine Salad</p> <p>Pineapple w/Cherry Garnish</p> <p>Honeydew</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Oriental Chicken Salad w/Pretzel (WG)</p> <p>Chef Salad w/Cheese w/Pretzel (WG)</p>	<p>24 <i>Give Me 5! Colors That Jive!</i></p> <p>Stuffed Crust Cheese Pizza (WG)</p> <p>Stuffed Crust Pepperoni Pizza (WG) </p> <p>Fish Taco on Flat Bread (WG)</p> <p>Peanut Butter & Jelly Sandwich (WG)</p> <p>Yogurt Biteable (WG)</p> <p>Hummus Biteable (WG)</p> <p>CHOICE OF TWO</p> <p>Steamed Broccoli</p> <p>Lettuce & Tomato</p> <p>Cauliflower & Baby Carrots w/Dip</p> <p>Chilled Peaches</p> <p>Frozen Fruit Juice Bar</p> <p>ENERGY ZONE SALAD PATCH</p> <p>Fruit Salad w/String Cheese & Yogurt w/Pretzel (WG)</p>



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Monday	Tuesday	Wednesday	Thursday	Friday
27 Baked Cheese Sticks (WG) w/Marinara Sauce Beef & Bean Burrito Peanut Butter & Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)	28 Give Me 5! Colors That Jive! Baked Chicken Tenders (3) w/Brown Rice (WG) Pork Egg Roll w/Brown Rice (WG) Peanut Butter & Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)	29 Give Me 5! Colors That Jive! Breakfast for Lunch: Mini Pancakes (WG) w/Turkey Sausage Patties Canadian Turkey Bacon w/Egg & Cheese on Bun (WG) Peanut Butter & Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)		
CHOICE OF TWO Campbell's Minestrone Soup Golden Corn Orange Quarters w/Kiwi Applesauce Dried Fruit	CHOICE OF TWO Seasoned Black Beans Cauliflower & Baby Carrots w/Dip Chilled Pineapple w/Cherry Garnish Honeydew	CHOICE OF TWO Baked Smiley Potatoes Tossed Salad w/Spinach Banana Fruit Crisp w/Whipped Topping		
ENERGY ZONE SALAD PATCH Chicken Caesar Salad w/Pretzel (WG) Chef's Salad w/Cheese & Egg w/Pretzel (WG)	ENERGY ZONE SALAD PATCH Taco Salad w/Chili w/Chips (WG) or Pretzel (WG) Chef Salad w/Tuna w/Pretzel (WG)	ENERGY ZONE SALAD PATCH Southwest Spicy Chicken Salad w/Black Beans & Corn w/Pretzel (WG) Fruit Salad w/Yogurt, Sun Butter w/Pretzel (WG)		

LUNCH OPTIONS

A complete lunch includes one entrée, choice of two different vegetables and/or fruits, bread, and choice of milk. Daily milk choices include 1% unflavored, or skim unflavored @ 60¢.

Pearl Organic Vanilla Soy Milk is available upon request @ 75¢.

- Yogurt Lunch includes: yogurt, string cheese, crackers, two vegetables or fruits, and milk.
- Vegetarian options available daily. Offer vs. Serve allows students to refuse meat entrée and request additional vegetables, fruit, and bread items.
- Entrees containing pork are indicated by the .
- Items containing whole grains are indicated by (WG).

Menus Subject to Change Due to Availability of Foods and Emergency School Closings.

PRICES

Students can purchase only one breakfast (\$1.50) and one lunch (\$2.65) per day. Additional meals are available at adult prices (breakfast \$1.95 and lunch \$3.65) or a la carte, whichever is less. Students who qualify for free or reduced-price lunch (40¢) receive breakfast free.

THREE WAYS TO PURCHASE MEALS:

- **ONLINE USING www.myLunchMoney.com**

The service is easy to use, convenient, private and secure. A separate convenience fee of \$1.95 is charged for each student's transaction. Once the account is open, parents may check the fund account at anytime.

• CHECK

Make checks payable to (School Name) Food Services and bring the check to the food service manager's office. A local address and phone number are required to be either printed or handwritten on the check. The student name and PIN number are required on the check memo line.

• CASH

Cash may be brought to the food service manager's office for deposit on student's account, or students may pay cash on a daily basis.

SPECIAL NOTES ON LUNCH ACCOUNTS

- Payments may be specified for meals only or meals and a la carte snacks.
- A printed summary of child(ren)'s account is available by contacting the food service manager or by signing on with MyLunchMoney.com. You do not need to use the online account for this service.
- Remind child(ren) not to share their personal identification number (PIN) with friends.

The two major oral health diseases are tooth decay (dental caries) and gum (periodontal) disease. Both diseases are influenced by nutrition and diet. Nutrition plays an important role in the development of teeth and oral tissue. Dental caries result from the interaction between the tooth, oral bacteria, and dietary carbohydrates (sugar and starch).

Plaque is a sticky film of bacteria that forms on our teeth and turns the sugars and starches in our food into acids. These acids act on the tooth enamel and cause tooth decay. High-acid producing or sugar foods (raisins, cookies, cakes, potato chips) should be eaten with meals, not as snacks. Cheeses, popcorn, raw fruits and vegetables are low-acid producing food and make healthy snacks.

To prevent dental disease, remember to:

1. Brush teeth after every meal with fluoridated toothpaste.
2. Floss teeth daily.
3. Visit the dentist and dental hygienist regularly.
4. Eat a nutritionally balanced diet.
5. Avoid foods that stay in the mouth a long time and stick to teeth (raisins, hard candies, and caramels.)



Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice
CHOICE OF ONE	CHOICE OF ONE	CHOICE OF ONE	CHOICE OF ONE	CHOICE OF ONE
Beef Sausage Breakfast Sandwich Yogurt w/Graham Crackers (WG) Cereal (WG) w/Graham Crackers (WG)	Mini Pancakes (WG) Yogurt w/Graham Crackers (WG) Cereal (WG) w/Graham Crackers (WG)	Bagel w/Cream Cheese or Jelly Yogurt w/Graham Crackers (WG) Cereal (WG) w/Graham Crackers (WG)	Turkey Pancake on a Stick (WG) Yogurt w/ Graham Crackers (WG) Cereal (WG) w/Graham Crackers (WG)	Cinnamon Roll (WG) Turkey Sausage Sandwich Yogurt w/Graham Crackers (WG) Cereal (WG) w/Graham Crackers (WG)
Choice of Milk: 1% Unflavored or Skim	Choice of Milk 1% Unflavored or Skim	Choice of Milk 1% Unflavored or Skim	Choice of Milk 1% Unflavored or Skim	Choice of Milk 1% Unflavored or Skim

Menu Nutrient Analysis Percent of Calories From Fat

Nutrient Analysis:	Breakfast	Lunch
February 1 - 3	20.6%	27.0%
February 6 - 10	20.0%	25.3%
February 13 - 17	20.0%	27.4%
February 20 - 24	20.0%	25.2%
February 27 - 29	19.2%	27.5%

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