

	<p>Check out the following website: <a href="http://www.simplygoodfood.org">www.simplygoodfood.org</a></p>	<p><b>ELEMENTARY Lunch Menu</b> February 2012 Lunch Price \$2.00 Reduced Price: \$.40</p>		<p>Drinking Water is available in the cafeteria w/ all meals!</p>
<p><i>Food Focus of the Month: Yogurt!</i> <i>Low fat yogurt is a good source of protein and an excellent source of calcium that you need for strong bones and teeth. Try plain low fat yogurt at home as a tasty topping for tacos and baked potatoes instead of sour cream!</i></p>	<p><b>Available Daily and Served w/ All Meals:</b> <b>1% White or Skim Chocolate and Strawberry Milk</b></p>	<p><b>1</b> Hot Chicken Fryz w/ a Whole Grain Granola Bar Oven Taters Fresh Broccoli Trees Fresh Orange Wedges</p>	<p><b>2</b> Cheeseburger on a Whole Grain Bun Peas &amp; Carrot Mix Picnic BBQ Beans Homemade Fruit Crisp</p>	<p><b>3</b> The "Max" Cheese 4x6 Pizza Creamy Coleslaw Fresh Grape Clusters Whole Wheat Bread Slice w/ Butter</p>
<p><b>6</b> Chicken &amp; Noodle Casserole Seasoned Corn Mashed Sweet Potatoes Fresh Banana</p>	<p><b>7</b> Spaghetti w/ Italian Meat Sauce Whole Grain Breadstick Seasoned Sweet Peas Chilled Peaches</p>	<p><b>8</b> Chicken Patty on a Whole Grain Bun California Blend Vegetables Frozen Nutritional Juice Bar</p>	<p><b>9</b> Vegetable Beef Soup w/ <u>Lowfat Yogurt (food focus) on the side</u> Oven Fries Cauliflower Bites Juicy Fruit Juice Whole Grain Blueberry Muffin</p>	<p><b>10</b> The "Max" Pepperoni 4x6 Pizza Seasoned Steamed Carrots Fresh Watermelon Wedge Whole Grain Oatmeal Cookie</p>
<p><b>13</b> Cheesy Scrambled Eggs <u>Lowfat Yogurt (food focus)</u> Whole Grain Mini Pancake Crispy Hash Brown Pure Orange Juice</p>	<p><b>14</b> Chef Salad w/ Meat &amp; Garbanzo Beans (fresh spinach included) Fresh Locally Grown Apple Whole Grain Banana Loaf Cottage Cheese Cup</p>	<p><b>15-Early Release Day</b> Enriched Beefy Ravioli Whole Wheat Dinner Roll Locally Grown Broccoli Trees w/ Carrots Cinnamon Applesauce</p>	<p><b>16</b> Deli Turkey on a Whole Wheat Bagel Teddy Grahams Potato Smiles w/ Sweet Potato Puffs Fresh Banana</p>	<p><b>17</b> The "Max" Sausage 4x6 Pizza Seasoned Mixed Vegetables Fruited Jello Bagged Whole Grain Pretzels</p>
<p><b>20</b> No School for Students Professional Development Day for Teachers!</p>	<p><b>21</b> Whole Grain French Toast Sticks Sausage Links Hashbrown Patty Pure Orange Juice Mini Blueberry Muffin</p>	<p><b>22</b> Turkey Hotdog on a Whole Grain Bun Homemade Pasta Salad w/ Veggies Fresh Strawberries Bagged Whole Grain Pretzels</p>	<p><b>23</b> Baked and Breaded Fish Sticks w/ Cheesy Macaroni &amp; a Whole Grain Dinner Roll Cucumber Coins w/ Low Fat Ranch Fresh Locally Grown Apple</p>	<p><b>24</b> The "Max" Round Cheese Pizza Fresh Cauliflower &amp; Veggies Mixed Fruit Whole Grain Cinnamon Breadstick</p>
<p><b>27</b> Chicken Nuggets w/ Whole Grain Breading and Whole Grain Goldfish Crackers Seasoned Sweet Corn Frozen Juice Bar</p>	<p><b>28</b> Cheesy Red Rotini Bake <u>Lowfat Yogurt (food focus)</u> Seasoned Green Beans Chilled Pears Whole Grain Bread Slice w/ Butter</p>	<p><b>29-Early Release Day</b> Turkey &amp; Gravy over Mashed Potatoes Bread Stuffing Made w/ whole Wheat Bread Seasoned Sweet Peas Chilled Peaches</p>		
<p><b>-Monday Second Entrée</b> Choice: Cereal w/ Yogurt and String Cheese (Vegetarian Entrée)</p>	<p><b>Tuesday Second Entrée</b> Choice: Max Sticks w/ Dipping Sauce</p>	<p><b>Wednesday Second Entrée</b> BBQ Riblet on a Whole Grain Bun</p>	<p><b>Thursday Second Entrée</b> Choice: Sloppy Joe Scoops (seasoned beef w/ tortilla chips to scoop and enjoy!)</p>	<p><b>Friday Second Entrée Choice:</b> Egg Salad on Whole Wheat Bread w/ Physedible Crackers</p>

Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) for online personal wellness resources for you and your family.

This menu is subject to change without notice.

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