



WHAT'S THE WRAP

MON  
TURKEY

TUES  
TUNA

WEDS  
TURKEY

THURS  
TUNA

FRI  
CHICKEN  
CAESAR

ELEMENTARY SCHOOL MENU

February  
2012

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Special February Entree



ABRAHAM LINCOLN'S FRESH FRUIT SALAD PLATE  
APPLES, ORANGES, GRAPES  
& FRESH STRAWBERRIES

served with 100% Whole Wheat Carr's Crackers  
& Mozzarella Sticks  
Sides ~ Fruit of the Day ~ Choice of Milk  
Available Daily.

When ordering in class, order the  
"MONTHLY SPECIAL ENTREE"



SOUP!! EVERY TUESDAY AND THURSDAY

Week of February 1: Minestrone

Week of February 6th: Italian Wedding

Week of February 13th: Turkey & Barley

Week of February 27th: Chicken & Orzo

1 **WHOLE WHEAT PITA PIZZA**  
With Meatballs  
or  
Plain  
  
Salad Bar Veggie Sides  
**Strawberry-Yogurt Smoothie**

2 **S** Whole Wheat Grilled Cheese  
w/Ham or Plain  
  
Salad Bar Veggie Sides  
Chilled Pineapple in Juice

3 **S** Homemade Chicken Cutlet  
Parmigiana  
Whole Wheat Penne Marinara  
  
Salad Bar Veggie Sides  
Fresh Apple Slices

6 Applegate Hot Dog  
on Whole Wheat Bun  
  
Baked Shoestring "Fries"  
Fresh Cole Slaw  
  
**Strawberry-Yogurt  
Smoothie**  
**GF** w/o bun

7 **S** Macaroni & Cheese  
Barilla Plus Pasta &  
Wisconsin Cheddar  
  
Caesar Salad at the Salad Bar  
  
Orange Wedges

8 **S** All White Meat  
Breaded Chicken Chunks  
Oil & Garlic Tossed Penne  
  
Cucumber Slices with  
Ranch Dip  
  
Chilled Pineapple in Juice

9 **S** **TACO BAR**  
Seasoned 100% Ground Beef w/  
Lettuce, Salsa & Cheese  
Tortilla Shells -Hard & Soft  
**Vegetarian Taco available**  
Brown Rice & Zesty Beans  
Veggie & Fruit at the Salad Bar  
Petite Banana

10 **S** BBQ Chicken Breast  
over a Mountain of Zesty  
Brown Rice  
Whole Wheat Dinner Roll  
Sauteed Zucchini  
  
Fresh Apple Slices Dusted  
with Cinnamon

13 **BURGER BAR**  
100% Beef Burger or  
Cheeseburger  
Lettuce/Onion/Tomato  
Baked Sweet Potato "Fries"  
  
Warm Apple Crisp  
**GF** w/o bun

14 **S** FRENCH BREAD PIZZA  
With Broccoli or Plain  
  
Salad Bar Veggie Sides  
  
Cinnamon Applesauce

15 **S** Whole Wheat Spaghetti  
with Meatballs or Marinara  
  
Toasted Garlic Bread  
Salad Bar Veggie Sides  
  
Fresh Fruit

16 **S** BBQ Fajita Chicken Strips  
With Whole Wheat Bun  
  
Baked Shoestring "Fries"  
Mini Corn Cobs  
  
Salad Bar Veggie Sides  
**Strawberry-Yogurt Smoothie**

17 **S** Whole Wheat Grilled Cheese  
w/Ham or Plain  
  
Cucumber Slices with  
Ranch Dip  
Chilled Pineapple in Juice  
  
No SALAD BAR

20

21

22  
RECESS  
NO SCHOOL

23

24

There's A New Wrap in Town!! Chicken Caesar!  
Every Friday!  
Diced Chicken Breast, Romaine Lettuce, Croutons & Organic Caesar Dressing

27 Meatball Hero  
(Meatballs in Marinara)  
on Whole Wheat Hero Roll  
  
Orzo Pasta w/Garlic & Oil  
  
Carrot Sticks  
Pears in Fruit Juice  
No SALAD BAR

28 **S** TWO CHEESE QUESADILLA  
Flour Tortilla with Cheddar &  
Monterey Jack Cheese  
Lettuce, Tomato &  
Salsa Toppings  
  
Orange Wedges  
No SALAD BAR

29 **BRUNCH FOR LUNCH**  
Homemade Challah French  
Toast w/Orange Rounds  
Applegate Turkey Bacon  
  
Salad Bar Veggie Sides  
Cinnamon Applesauce

While The Food Service Department makes every effort to disclose to parents known allergens and ingredients that may be harmful to some children, the nature of the National School Lunch Program and our reliance on certain USDA provisions can sometimes render this effort ineffective by the presence of undisclosed or misnamed ingredients.

QUESTIONS? CALL THE FOODSERVICE OFFICE AT 277-7090  
CONTACT YOUR PSA/PSO TO LEARN ABOUT YOUR SCHOOL'S NUTRITION COMMITTEE

SERVING TOMATO PRODUCTS (PIZZA SAUCE, KETCHUP & SALSA) THAT ARE HFCS FREE (NO HIGH FRUCTOSE CORN SYRUP!)

ALL SANDWICH MEATS ARE BOAR'S HEAD BRAND®

Alternative Entrees

Whole Grain Peanut Butter & Jelly Sandwich

Daily Wrap (see above menu)

SALAD BAR

A Complete Lunch Veggies, Protein, Fruit & Grain (or a place to visit for veggie & fruit sides)

Dressings  
Vinaigrette - Ranch  
Caesar  
GF GLUTEN INGREDIENT-FREE

A la Carte Beverages (priced accordingly)

Honest Kid's® Organic Appley Ever After Juice Pouch \$1.00

Poland Spring Water Lg \$1.25/Sm \$.75

Lunch of the Day includes:

Entree  
Sides  
1% or Skim Milk  
Fresh Fruit or 100% Fruit Juice  
\$3.00