

ELEMENTARY/MIDDLE CENTRAL MENU – FEBRUARY 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2-2</p> <p>Super Donut or Cereal and Toast, Chilled Juice, Cold Milk</p> <p>Chicken Nuggets Whipped Potatoes (1/2) w/Gravy Chilled Fruit (1/2) Hot Roll Cold Milk</p> <p>SALISBURY STEAK W/ ROLL</p>	<p style="text-align: right;">2-3</p> <p>Cereal, Golden Brown Toast, or Muffin and Graham Crackers, Chilled Fruit, Cold Milk</p> <p>Cheeseburger On Bun w/Ketchup Baked Beans (1/2) Chilled Fruit Cocktail (1/4) Trail Mix (1/3) Cold Milk</p> <p>LASAGNA W/ROLL</p>	<p style="text-align: right;">2-4</p> <p>French Toast Sticks (3) w/Syrup or Cereal and Toast Chilled Juice, Cold Milk</p> <p>Turkey Rice Casserole Seasoned Green Beans (1/4) Seasoned Corn (1/4) Raisins (1/4) Hot Roll Cold Milk</p> <p>MEXICAN PIZZA</p>	<p style="text-align: right;">2-5</p> <p>Variety Muffin, Applesauce, or Cereal and Toast Chilled Juice, Cold Milk</p> <p>Country Fried Steak w/Gravy Seasoned Winter Blend (1/4) Seasoned Black-eyed Peas (1/4) Apple Cobbler (1/2) Hot Roll Cold Milk</p> <p>RIB B QUE</p>	<p style="text-align: right;">2-6</p> <p>Hot Ham & Cheese Sandwich or Cereal and Toast Chilled Juice, Cold Milk</p> <p>Chicken Fajita w/Cheese Seasoned Pinto Beans (1/4) Spanish Rice (1/4) Fresh Fruit (1/2) Cold Milk</p> <p>TACO W/ LETTUCE AND TOMATO</p>
<p style="text-align: right;">2-9</p> <p>Granola, Yogurt (4 oz.) or Cereal and Toast Chilled Juice, Cold Milk</p> <p>Roasted Turkey w/Gravy Potatoes Au Gratin (1/2) Seasoned Green Beans (1/4) Chilled Pears (1/4) Hot Roll Milk</p> <p>PORK CHOPETTE</p>	<p style="text-align: right;">2-10</p> <p>French Toast Sticks (3) or Cereal and Toast Chilled Juice, Cold Milk</p> <p>Vegetable Beef Soup w/Grilled Cheese Sandwich Seasoned California Blend (1/4) Mixed Fruit (1/2) Cold Milk</p> <p>PEANUT BUTTER SANDWICH</p>	<p style="text-align: right;">2-11</p> <p>School Made Cinnamon Roll or Cereal and Toast Fresh Fruit, Cold Milk</p> <p>Lasagna Tossed Salad (1/2) Seasoned Corn (1/4) Fresh Orange (1/2) Breadstick Cold Milk</p> <p>CHICK FILLET ON BUN</p>	<p style="text-align: right;">2-12</p> <p>Oatmeal, Sausage Links (2) or Cereal and Toast Chilled Fruit, Cold Milk</p> <p>Juicy Hot Dog On Bun w/Chili Fresh Coleslaw (1/4) Oven Baked French Fries (1/2) Fresh Fruit Cold Milk</p> <p>CHICKEN SALAD W/ CRACKERS</p>	<p style="text-align: right;">2-13</p> <p>Cereal, Golden Brown Toast or Granola and Yogurt Fresh Fruit, Cold Milk</p> <p>Cheeseburger On Bun w/Ketchup Lettuce Leaf (1/8) & Sliced Tomato (1/8) Baked Beans (1/2) Fresh Fruit (1/4) Trail Mix (1/3) Birthday Cake Cold Milk</p> <p>BAKED CHICKEN W/ BISCUIT</p>
<p style="text-align: right;">2-16</p> <p>Super Donut or Cereal and Toast Chilled Juice, Cold Milk</p> <p>Chicken Nuggets Whipped Potatoes w/ gravy Chilled Fruit Hot Roll Cold Milk</p> <p>SALISBURY STEAK W/ ROLL</p>	<p style="text-align: right;">2-17</p> <p>Sausage Links (2), Golden Brown Toast, Grits, Chilled Juice, Cold Milk OR Cereal</p> <p>Baked Pepperoni Pizza Seasoned Corn (1/4) Chilled Mixed Fruit (1/2) Trail Mix (1/3) Cold Milk</p> <p>CHICKEN NOODLE W/ ROLL</p>	<p style="text-align: right;">2-18</p> <p>Chicken Biscuit or Cereal and Toast Chilled Juice, Cold Milk</p> <p>Hard or Soft Taco Shredded Lettuce (1/8) & Diced Tomatoes (1/8) Spanish Rice (1/4) Refried Beans (1/2) Chilled Peaches (1/4) Cold Milk</p> <p>CHICKEN FAJITA</p>	<p style="text-align: right;">2-19</p> <p>Grilled Cheese Sandwich or Cereal and Toast Raisins, Chilled Juice, Cold Milk</p> <p>Baked Ham Baked Macaroni & Cheese (1/3) Seasoned Collard Greens (1/2) Fresh Fruit (1/4) Hot Roll Cold Milk</p> <p>CHICKEN FRIES W/ ROLL</p>	<p style="text-align: right;">2-20</p> <p>French Toast Sticks (3) w/Syrup or Cereal and Toast Chilled Juice, Cold Milk</p> <p>Turkey & Cheese Wrap Crisp Lettuce Leaf (1/4) & Diced Tomatoes (1/8) Seasoned California Blend (1/4) Raisins (1/4) Cookie Variety Cold Milk</p> <p>BBQ ON BUN</p>
<p style="text-align: right;">2-23</p> <p>Waffles (2) w/Syrup or Cereal and Toast Chilled Fruit, Cold Milk</p> <p>Smoked Sausage On Bun Seasoned Green Beans (1/4) Seasoned Carrots (1/4) Chilled Pears (1/4) Cold Milk</p> <p>CHICKEN QUESIDILLA PIZZA</p>	<p style="text-align: right;">2-24</p> <p>Granola, Yogurt (4 oz.) or Cereal and Toast Chilled Juice, Cold Milk</p> <p>Baked Chicken Fillet On Bun w/Pickle Chips Seasoned Cabbage (1/2) Fruit Cocktail (1/4) Trail Mix (1/3) Peanut Butter Delight Cold Milk</p> <p>RIB B QUE</p>	<p style="text-align: right;">2-25</p> <p>Bagel w/Peanut Butter or Cereal and Toast Chilled Fruit, Cold Milk</p> <p>Nachos w/Ground Beef & Cheese Steamed Rice (1/2) Seasoned Pinto Beans (1/2) Fresh Fruit (1/2) Cold Milk</p> <p>FISH NUGGETS</p>	<p style="text-align: right;">2-26</p> <p>Oatmeal, Sausage Link (1), Raisins or Cereal and Toast, Chilled Juice, Cold Milk</p> <p>Roasted Turkey w/Gravy Seasoned Collard Greens (1/2) Fresh Fruit (1/2) Hot Roll Cold Milk</p> <p>PIZZA DIPPERS</p>	<p style="text-align: right;">2-27</p> <p>English Muffin w/Sausage & Cheese or Cereal and Toast, Fresh Fruit, Cold Milk</p> <p>Spaghetti w/Meat Sauce Tossed Salad (1/2) Seasoned Corn (1/4) Chilled Peaches (1/4) Hot Roll Cold Milk</p> <p>CORN DOG</p>
<p style="text-align: right;">3-2</p> <p>Super Donut or Cereal and Toast Chilled Juice, Cold Milk</p> <p>Chicken Nuggets Whipped Potatoes (1/2) w/Gravy Chilled Fruit (1/2) Hot Roll Cold Milk</p> <p>SALISBURY STEAK W/ ROLL</p>	<p style="text-align: right;">3-3</p> <p>Cereal, Golden Brown Toast or Muffin and Graham Crackers, Chilled Fruit, Cold Milk</p> <p>Cheeseburger On Bun w/Ketchup Baked Beans (1/2) Chilled Fruit Cocktail (1/4) Trail Mix (1/3) Cold Milk</p> <p>LASAGNA W/ ROLL</p>	<p style="text-align: right;">3-4</p> <p>French Toast Sticks (3) w/Syrup or Cereal and Toast Chilled Juice, Cold Milk</p> <p>Turkey Rice Casserole Seasoned Green Beans (1/4) Seasoned Corn (1/4) Raisins (1/4) Hot Roll Cold Milk</p> <p>EGG ROLL</p>	<p style="text-align: right;">3-5</p> <p>Ham Biscuit or Cereal and Toast, Chilled Juice, Cold Milk</p> <p>Country Fried Steak w/Gravy Seasoned Winter Blend (1/4) Seasoned Black-eyed Peas (1/4) Apple Cobbler (1/2) Hot Roll Cold Milk</p> <p>RIB B QUE</p>	<p style="text-align: right;">3-6</p> <p>Hot Ham & Cheese Sandwich or Cereal and Toast Chilled Juice, Cold Milk</p> <p>Chicken Fajita w/Cheese Seasoned Pinto Beans (1/4) Spanish Rice (1/4) Fresh Fruit (1/2) Cold Milk</p> <p>TACO W/ LETTUCE AND TOMATO</p>

National School Breakfast Week is March 2-6. All students and staff members will receive a FREE breakfast on their grade-level day. (TBA)

ELEMENTARY/MIDDLE CHOICE MENU – FEBRUARY 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza Chicken Nuggets w/Roll AND Salisbury Steak w/Roll OR Ham & Cheese Sandwich	Variety Muffin, Graham Crackers Cheeseburger On Bun AND Turkey Pot Pie OR Lasagna w/Roll	Oatmeal, Toast Turkey Rice Casserole AND Ranchero Mexican Pizza OR Egg Roll	Ham Biscuit Country Fried Steak w/Gravy & Roll AND Rib-B-Que On Bun OR Turkey & Cheese Sandwich	Granola, String Cheese Chicken Fajita AND Taco w/Lettuce & Tomato OR Sloppy Joe On Bun
Grilled Cheese Sandwich Roasted Turkey w/Roll AND Pork Choppette On Bun OR Ham & Cheese Hoagie	Ham Biscuit Soup w/Grilled Cheese Sandwich AND Soup w/Peanut Butter Sandwich OR Steak & Cheese Hoagie	Pancakes w/Syrup Lasagna w/Breadstick AND Western Style Cheese Potatoes w/Roll OR Chicken Fillet On Bun	Waffles w/Syrup Hot Dog On Bun AND Chicken Salad w/Crackers OR Turkey Tetrazzini w/Roll	Granola, Yogurt (4 oz.) Cheeseburger On Bun AND Beef Stroganoff w/Rice (1/2) OR Baked Chicken w/Cheese Biscuit
NO SCHOOL	Cheese Toast Pepperoni Pizza AND Chicken & Noodles w/Roll OR Pizza Burger On Bun	Variety Muffin Taco AND Chicken Fajita OR Fish Fillet On Bun	Super Plus Donut Baked Ham w/Roll AND Beef & Cheese Burrito OR Chicken Fries w/Roll	Turkey & Cheese Wrap AND Chili w/Crackers OR BBQ On Bun
Sausage Biscuit Smoked Sausage w/Roll AND Chicken Quesadilla Pizza OR Sloppy Joe On Bun	Grilled Cheese Sandwich Chicken Fillet On Bun AND Beef-a-Roni w/Roll OR Rib-B-Que On Bun	Breakfast Pizza Nachos w/Ground Beef & Cheese AND Stir Fry Chicken w/Roll OR Fish Nuggets	Super Plus Donut Roasted Turkey w/Roll AND Ham & Cheese Hoagie OR Pizza Dippers w/Marinara Sauce	Pancakes w/Syrup Spaghetti w/Roll AND Corn Dog OR Tuna Salad w/Crackers
Breakfast Pizza Chicken Nuggets w/Roll AND Salisbury Steak w/Roll OR Ham & Cheese Sandwich	Variety Muffin, Graham Crackers Cheeseburger On Bun AND Turkey Pot Pie OR Lasagna w/Roll	Oatmeal, Toast Turkey Rice Casserole AND Ranchero Mexican Pizza OR Egg Roll	Ham Biscuit Country Fried Steak w/Gravy & Roll AND Rib-B-Que On Bun OR Turkey & Cheese Sandwich	Granola, String Cheese Chicken Fajita AND Taco w/Lettuce & Tomato OR Fish Fillet On Bun

ELEMENTARY/MIDDLE SNACK MENU – FEBRUARY 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-2 Super Plus Donut – 1 each Milk – 8 oz.	2-3 Chocolate Goldfish – 1 pack Milk – 8 oz.	2-4 Marshmallow Treat – 1 each Chilled Juice – 6 oz.	2-5 Cinnamon Toast Crunch – 1 pack Chilled Juice – 6 oz.	2-6 MiniLoaf – 1 each Milk – 8 oz.
2-9 Goldfish Crackers – 1 pack Milk – 8 oz.	2-10 Mozzarella String Cheese – 1 oz. Chilled Juice – 6 oz.	2-11 Scooby Doo Cinnamon Snacks – 1 pack Chilled Juice – 6 oz.	2-12 Cheddar Crisp – 1 pack Milk – 8 oz.	2-13 Cheddar Goldfish or Parmesan Crackers – 1 pack Chilled Juice – 6 oz.
<p style="text-align: right;">2-16</p> <p>AM: Super Plus Donut – 1 each Milk – 8 oz.</p> <p>LUNCH: Hog Dog On Bun Baked Beans Fruit Milk</p> <p>PM: Jungle Animal Crackers – 1 pack Chilled Juice – 6 oz.</p>	2-17 Marshmallow Treat – 1 each Chilled Juice – 6 oz.	2-18 Cereal Bar – 1 each Milk – 8 oz.	2-19 Cheddar Trax – 1 pack Chilled Juice – 6 oz.	2-20 Manager's Choice
2-23 Cheddar Crisp – 1 pack Chilled Juice – 6 oz.	2-24 Graham Crackers – 1 pack Milk – 8 oz.	2-25 Goldfish Pretzels – 1 pack Chilled Juice – 6 oz.	2-26 Scooby Cinnamon Snacks – 1 pack Milk – 8 oz.	2-27 Animal Crackers – 1 pack Chilled Juice – 6 oz.
3-2 Super Plus Donut – 1 each Milk – 8 oz.	3-3 Chocolate Goldfish – 1 pack Milk – 8 oz.	3-4 Marshmallow Treat – 1 each Chilled Juice – 6 oz.	3-5 Cinnamon Toast Crunch – 1 pack Chilled Juice – 6 oz.	3-6 MiniLoaf – 1 each Mil – 8 oz.

ELEMENTARY/MIDDLE CENTRAL MENU – FEBRUARY 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2-2</p> <p>Chicken Biscuit, Juice, Milk</p> <p>Chicken Nuggets Whipped Potatoes (1/2) w/Gravy Chilled Fruit (1/2) Hot Roll Cold Milk</p>	<p style="text-align: right;">2-3</p> <p>Cinnamon Raisin Bagel w/Peanut Butter, Juice, Milk</p> <p>Cheeseburger On Bun w/Ketchup Baked Beans (1/2) Chilled Fruit Cocktail (1/4) Trail Mix (1/3) Cold Milk</p>	<p style="text-align: right;">2-4</p> <p>English Muffin w/Sausage & Cheese, Juice, Milk</p> <p>Turkey Rice Casserole Seasoned Green Beans (1/4) Seasoned Corn (1/4) Raisins (1/4) Hot Roll Cold Milk</p>	<p style="text-align: right;">2-5</p> <p>Cereal, Graham Crackers, Juice, Milk</p> <p>Country Fried Steak w/Gravy Seasoned Winter Blend (1/4) Seasoned Black-eyed Peas (1/4) Apple Cobbler (1/2) Hot Roll Cold Milk</p>	<p style="text-align: right;">2-6</p> <p>Pancake/Sausage On Stick, Juice, Milk</p> <p>Chicken Fajita w/Cheese Seasoned Pinto Beans (1/4) Spanish Rice (1/4) Fresh Fruit (1/2) Cold Milk</p>
<p style="text-align: right;">2-9</p> <p>Muffin Variety, Juice, Milk</p> <p>Roasted Turkey w/Gravy Potatoes Au Gratin (1/2) Seasoned Green Beans (1/4) Chilled Pears (1/4) Hot Roll Milk</p>	<p style="text-align: right;">2-10</p> <p>Sausage Biscuit, Juice, Milk</p> <p>Vegetable Beef Soup w/Grilled Cheese Sandwich Seasoned California Blend (1/4) Mixed Fruit (1/2) Cold Milk</p>	<p style="text-align: right;">2-11</p> <p>Pancakes, Juice, Milk</p> <p>Lasagna Tossed Salad (1/2) Seasoned Corn (1/4) Fresh Orange (1/2) Breadstick Cold Milk</p>	<p style="text-align: right;">2-12</p> <p>Cheese Omelet, Juice, Milk</p> <p>Juicy Hot Dog On Bun w/Chili Fresh Coleslaw (1/4) Oven Baked French Fries (1/2) Fresh Fruit Cold Milk</p>	<p style="text-align: right;">2-13</p> <p>WW Cinnamon Roll, Juice, Milk</p> <p>Cheeseburger On Bun w/Ketchup Lettuce Leaf (1/8) & Sliced Tomato (1/8) Baked Beans (1/2) Fresh Fruit (1/4) Trail Mix (1/3) Birthday Cake Cold Milk</p>
<p style="text-align: right;">2-16</p> <p>NO SCHOOL</p>	<p style="text-align: right;">2-17</p> <p>Ham Biscuit, Juice, Milk</p> <p>Baked Pepperoni Pizza Seasoned Corn (1/4) Chilled Mixed Fruit (1/2) Trail Mix (1/3) Cold Milk</p>	<p style="text-align: right;">2-18</p> <p>Hot Pocket, Juice, Milk</p> <p>Hard or Soft Taco Shredded Lettuce (1/8) & Diced Tomatoes (1/8) Spanish Rice (1/4) Refried Beans (1/2) Chilled Peaches (1/4) Cold Milk</p>	<p style="text-align: right;">2-19</p> <p>Honey Bun, Juice, Milk</p> <p>Baked Ham Baked Macaroni & Cheese (1/3) Seasoned Collard Greens (1/2) Fresh Fruit (1/4) Hot Roll Cold Milk</p>	<p style="text-align: right;">2-20</p> <p>Pizza Bagel, Juice, Milk</p> <p>Turkey & Cheese Wrap Crisp Lettuce Leaf (1/4) & Diced Tomatoes (1/8) Seasoned California Blend (1/4) Raisins (1/4) Cookie Variety Cold Milk</p>
<p style="text-align: right;">2-23</p> <p>MiniLoaf, Yogurt (4 oz.), Juice, Milk</p> <p>Smoked Sausage On Bun Seasoned Green Beans (1/4) Seasoned Carrots (1/4) Chilled Pears (1/4) Cold Milk</p>	<p style="text-align: right;">2-24</p> <p>Breakfast Bites, Juice, Milk</p> <p>Baked Chicken Fillet On Bun w/Pickle Chips Seasoned Cabbage (1/2) Fruit Cocktail (1/4) Trail Mix (1/3) Peanut Butter Delight Cold Milk</p>	<p style="text-align: right;">2-25</p> <p>Bagel w/Jelly, String Cheese (1 oz.), Juice, Milk</p> <p>Nachos w/Ground Beef & Cheese Steamed Rice (1/2) Seasoned Pinto Beans (1/2) Fresh Fruit (1/2) Cold Milk</p>	<p style="text-align: right;">2-26</p> <p>Egg Biscuit, Juice, Milk</p> <p>Roasted Turkey w/Gravy Seasoned Collard Greens (1/2) Fresh Fruit (1/2) Hot Roll Cold Milk</p>	<p style="text-align: right;">2-27</p> <p>French Toast Sticks, Juice, Milk</p> <p>Spaghetti w/Meat Sauce Tossed Salad (1/2) Seasoned Corn (1/4) Chilled Peaches (1/4) Hot Roll Cold Milk</p>
<p style="text-align: right;">3-2</p> <p>Chicken Biscuit, Juice, Milk</p> <p>Chicken Nuggets Whipped Potatoes (1/2) w/Gravy Chilled Fruit (1/2) Hot Roll Cold Milk</p>	<p style="text-align: right;">3-3</p> <p>Cinnamon Raisin Bagel w/Peanut Butter, Juice, Milk</p> <p>Cheeseburger On Bun w/Ketchup Baked Beans (1/2) Chilled Fruit Cocktail (1/4) Trail Mix (1/3) Cold Milk</p>	<p style="text-align: right;">3-4</p> <p>English Muffin w/Sausage & Cheese, Juice, Milk</p> <p>Turkey Rice Casserole Seasoned Green Beans (1/4) Seasoned Corn (1/4) Raisins (1/4) Hot Roll Cold Milk</p>	<p style="text-align: right;">3-5</p> <p>Cereal, Graham Crackers, Juice, Milk</p> <p>Country Fried Steak w/Gravy Seasoned Winter Blend (1/4) Seasoned Black-eyed Peas (1/4) Apple Cobbler (1/2) Hot Roll Cold Milk</p>	<p style="text-align: right;">3-6</p> <p>Pancake/Sausage On Stick, Juice, Milk</p> <p>Chicken Fajita w/Cheese Seasoned Pinto Beans (1/4) Spanish Rice (1/4) Fresh Fruit (1/2) Cold Milk</p>