

Breakfasts are served with water:

Main Item

Milk—Skim, 1% or Chocolate Skim

Juice—Apple, Grape, Orange

Whole Grain Toast—Butter, Cinnamon Sugar  
(Students pick three items.)

# February 2012

## Breakfast & Lunch Menu

All lunches are served with the menu items, whole grain bread, milk & water.

**Menu is subject to change.**

**This is an equal opportunity institution.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <b>Strudel Sticks</b> <hr/> <b>Whole Grain Cheese Bread Dippers w/Sauce</b> Tasty Pea & Cheese Salad, Vegetables, Fruit	2 <b>Fruited Yogurt</b> <hr/> <b>Whole Grain Soft Shell Taco w/Toppings</b> Steamed Broccoli w/Cheese, Refried Beans, Delicious Pears	3 <b>Whole Grain French Toast</b> <hr/> <b>Explorer Sub Sandwiches on Whole Grain Bun w/Toppings</b> Jungle Fresh Carrot Sticks w/Dip, Animal Fresh & Funny Fruit	4
5	6 <b>Cereal</b> <hr/> <b>Tasty Beef &amp; Bean Burrito w/Toppings</b> Awesome Asparagus, Sweet Pineapple Tidbits	7 <b>Lumberjacks</b> <hr/> <b>Lasagna</b> Spicy Garlic Bread Sticks, Green/Gold Beans, Cucumbers, Fresh Fruit	8 <b>Frosted Roll</b> <hr/> <b>Creamy Chicken Over Whole Grain Biscuit</b> Wonderful Romain Lettuce Salad w/Toppings, Whole Kernel Corn, Diced Peaches	9 <b>Whole Grain Waffles</b> <hr/> <b>Sizzling Sliced Ham</b> Au Gratin Potatoes, Candy Carrots, Whole Grain Dinner Roll, Fruit	10 <b>Donut Twists</b> <hr/> <b>Beanie Hotdog on Whole Grain Bun</b> Cowboy Baked Beans, Cat in the Hat California Blend Vegetables, Sombrero Fruit	11
12	13 <b>Cereal</b> <hr/> <b>Zesty Polish Sausage on Whole Grain Bun</b> Baby Cakes, Green Peas, Fruit	14 <b>Sunny Fresh Cheese Omelet</b> <hr/> <b>Tasty Tator Tot Hotdish w/Corn</b> Whole Grain Dinner Roll, Romain Lettuce Salad w/Toppings, Steamed Broccoli, Diced Pears	15 <b>Whole Grain Mini Bagels w/Cream Cheese</b> <hr/> <b>Mini Corn Dogs</b> Seasoned Pasta, Orange Wedge, Green Bean Casserole	16 <b>Cooks Choice</b> <hr/> <b>Piping Hot Chili</b> Corn Bread, Crazy Corn on the Cob, Tricky Tropical Fruit	17 <b>Whole Grain French Toast Sticks</b> <hr/> <b>Luau Turkey &amp; Vegetable Whole Grain Wrap w/Toppings</b> Sunny Coleslaw, Tropical Seasoned Carrots, Citrus Fresh Fruit	18
19	20 <b>No School!</b>	21 <b>Breakfast Burritos</b> <hr/> <b>Extra Sloppy Sloppy Joes on Whole Grain Bun</b> Potatoes, Cauliflower w/Cheese, Crisp Cold Blueberries	22 <b>Carmel Rolls</b> <hr/> <b>Whole Grain Grilled Cheese Sandwich</b> Tasty Tomato Soup w/Crackers, Seasoned Squash, Pineapple Tidbits	23 <b>Whole Grain Pancakes</b> <hr/> <b>Savory Sliced Pork</b> Mashed Potatoes w/Gravy, Whole Grain Dinner Roll, Oriental Vegetables, Fruit	24 <b>Mini Donuts</b> <hr/> <b>Rainbow Fish Nuggets</b> Golden Hashbrown Patty, Colorful Vegetables, Fruity Applesauce	25
26	27 <b>Cereal</b> <hr/> <b>Cheese Burger on Whole Grain Bun w/Toppings</b> Tator Tots, Diced Peaches	28 <b>Scrambled Eggs w/Smokies</b> <hr/> <b>Spaghetti w/Whole Grain Noodles</b> Romain Spinach Salad w/Toppings, Whole Kernel Corn, Whole Grain Garlic Toast, Banana	29 <b>Cinnamon Tastries</b> <hr/> <b>Super Nachos</b> Whole Grain Dinner Roll, Cucumbers, Green Peas, Fruited Jello			

