




**CHILD NUTRITION SERVICES**
**FEBRUARY 2012**
**Elementary Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chef Salad w/Turkey Chicken Broccoli Alfredo *WG Pepperoni Pizza WG Breadstick Tossed Salad *Seasoned Broccoli *Baked Apples Assorted Fresh Fruit	2 Chef Salad w/Chicken Chicken Nuggets  <u>Breaded Steak Fingers</u> *WG Roll Mashed Potatoes/ <u>Gravy</u> Seasoned Green Beans Jell-O w/Mixed Fruit Assorted Fresh Fruit  <u>MIO DAY</u>	3 <b>NO SCHOOL</b>  <b>PARENT CONFERENCE</b>
6 Chef Salad w/Ham Hamburger on WG Bun *Beef & Bean Chili *w/WG Rice Oven Fries *Tossed Salad *Chilled Applesauce Assorted Fresh Fruit	7 Romaine Caesar Salad *Soft Turkey Taco w/Lettuce, Tomato & Cheese Cheesy Nachos Ranch beans Tossed Salad Chilled Diced Pears *Fresh Apple	8 Chef Salad w/Turkey *Spaghetti w/Meat Sauce WG Cheese Pizza *WG Breadstick Broccoli w/Cheese *Leafy Green Salad *Chilled Mixed Fruit Assorted Fresh Fruit	9 Chef Salad w/Chicken *Chicken Nuggets BBQ Rib Patty *WG Mac & Cheese WG Roll *Mixed Vegetables *Chilled Pineapple Assorted Fresh Fruit	10 Romaine Caesar Salad Fun Friday Sack Lunch (Turkey & Cheese) Hot Ham & Cheese on WG Bun Oven Fries Chilled Mixed Fruit Fresh Orange
13 Chef Salad w/Ham Cheeseburger on WG Bun WG Bosco Sticks w/Sauce Oven Fries Seasoned Peas Leafy Green Salad Chilled Peaches Assorted Fresh Fruit	14 Romaine Caesar Salad *Enchilada Pie Grilled Chicken Patty on WG Bun w/Lettuce & Tomato *Seasoned Corn *WG Mexican Rice *Chilled Pineapple Assorted Fresh Fruit	15 Chef Salad w/Turkey Cheesy Red Rotini *WG Pepperoni Pizza *Vegetable Pasta Salad Leafy Green Salad *Chilled Diced Pears Assorted Fresh Fruit	16 Chef Salad w/Chicken Chicken Tenders Breaded Steak Fingers WG Dinner Roll Cheesy Potatoes Seasoned Green Beans Cherry Crisp Assorted Fresh Fruit	17 Romaine Caesar Salad Fun Friday Sack Lunch (Ham & Cheese) Fish Patty on WG Bun Carrot Sticks Baked Beans Chilled Mixed Fruit Fresh Apple
20 <b>NO SCHOOL</b>  <b>PROFESSIONAL DEVELOPMENT</b>	21 Romaine Caesar Salad * Breaded Chicken Patty on WG Bun Cheesy Nachos *Ranch Beans Mexicali Corn *Chilled Applesauce Assorted Fresh Fruit	22 Chef Salad w/Turkey *Beefaroni WG Cheese Pizza *WG Dinner Roll * Seasoned Corn Leafy Green Salad *Chilled Peaches Assorted Fresh Fruit	23 Chef Salad w/Chicken *Chicken Tenders Breaded Pork Chop WG Roll *WG Mac & Cheese *Seasoned Green Beans Assorted Fresh Fruit Jell-O w/ Fruit	24 Romaine Caesar Salad Fun Friday Sack Lunch (Turkey & Cheese) Fish Sticks Baked Tater Tots Baked Beans Chilled Mixed Fruit Fresh Orange
27 Chef Salad w/Ham Cheeseburger on WG Bun *Chicken Nugget Taco Baked Tater Tots *Seasoned Corn *Fresh orange Chilled Diced Pears	28 Romaine Caesar Salad Bean & Cheese Burrito *Grilled Chicken Patty on WG Bun w/Lettuce & Tomato *Chilled Pineapples WG Mexican Rice *Mixed Vegetables Assorted Fresh Fruit	29 Chef Salad w/Turkey Chicken & Noodles *WG Pepperoni Pizza WG Breadstick Tossed Salad *Seasoned Broccoli *Baked Apples Assorted Fresh Fruit	 <u>MADE IN OKLAHOMA</u>	* Balanced Choice WG = Whole Grain LF = Low Fat

 Choice of  Low Fat Milk Offered Daily

**FOOD FOCUS~ LOW FAT YOGURT**
Low fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and teeth.


An asterisk (\*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% or less milk.

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Menu items subject to change