



**Available Daily**  
Variety of Cereal  
Whole Grain Wheat Toast

<b>Wednesday, February 1</b>		<b>Thursday, February 2</b>		<b>Friday, February 3</b>	
Ham Biscuit Grapes Variety of Milk		Cheese Grits Sausage Toast /Jelly Orange Smiles Variety of Milk		Breakfast Burrito w/Salsa Kiwi Variety of Milk	
<b>Monday, February 6</b>		<b>Tuesday, February 7</b>		<b>Wednesday, February 8</b>	
Biscuit w/Jelly Turkey Ham or Ham Chilled Fruit		Breakfast Pizza Mixed Fruit Variety of Milk		Cheese Bread Stick w/Salsa Orange Juice Variety of Milk	
<b>Monday, February 13</b>		<b>Tuesday, February 14</b>		<b>Wednesday, February 15</b>	
Cheese Sandwich Chilled Fruit Variety of Milk		Pancakes w/Syrup Ham Fruit Juice Variety of Milk		Blueberry Loaf Fruit Juice Variety of Milk	
<b>Monday, February 20</b>		<b>Tuesday, February 21</b>		<b>Wednesday, February 22</b>	
Professional Development		Cheese Toast Sausage Orange Juice Variety of Milk		Ham Biscuit Grapes Variety of Milk	
<b>Monday, February 27</b>		<b>Tuesday, February 28</b>		<b>Wednesday, February 29</b>	
Biscuit w/Jelly Turkey Ham or Ham Chilled Fruit		Breakfast Pizza Mixed Fruit Variety of Milk		Cheese Bread Stick w/Salsa Orange Juice Variety of Milk	
<b>Thursday, February 9</b>		<b>Friday, February 10</b>		<b>Thursday, February 16</b>	
Cheese Grits Sausage Toast Fresh Fruit Variety of Milk		Waffles w/Syrup Sliced Ham Chilled Peaches Variety of Milk		Cheese Grits Sausage Toast w/Jelly Fruit Juice Variety of Milk	
<b>Friday, February 17</b>		<b>Friday, February 24</b>		<b>Thursday, March 1</b>	
French Toast Sticks Kiwi Variety of Milk		Breakfast Burrito w/Salsa Kiwi Variety of Milk		Cheese Grits Sausage Toast /Jelly Orange Smiles Variety of Milk	
<b>Friday, March 2</b>		<b>Friday, March 9</b>		<b>Thursday, March 15</b>	
Waffles w/Syrup Sliced Ham Chilled Peaches Variety of Milk		Biscuit w/Jelly Turkey Ham or Ham Chilled Fruit		Cheese Grits Sausage Toast Fresh Fruit Variety of Milk	

*February Secondary Breakfast Menu for Grades 9th -12th*

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast Pizza Sausage Biscuit Cereal Fresh Fruit Variety of Milk	Cheese Grits Ham Biscuit Sausage Pancake Cereal Fresh Fruit Fruit Juice Variety of Milk	Breakfast Pizza Sausage Biscuit Cereal Fresh Fruit Variety of Milk	Cheese Grits Ham Biscuit Sausage Pancake Cereal Fresh Fruit Fruit Juice Variety of Milk	Breakfast Pizza Sausage Biscuit Cereal Fresh Fruit Variety of Milk


# LUNCH MENU FOR FEBRUARY 2012



Wed, Feb. 1	Thurs, Feb. 2	Fri, Feb. 3
Chef Salad Baked/BBQ Chicken Chili Dog Roast Pork Mashed Potatoes Turnip Greens Green Peas Chilled Peaches Fresh Fruit *Fruit Juice Cornbread Crackers Variety of Milk	Chef Salad Red Beans & Rice Ham & Turkey Cheese Sub Vegetable Cup w/Dip Seasoned Cabbage California Vegetable Pineapple Tidbits Fresh Fruit *Fruit Juice Cornbread Crackers C/Chip Cookie Variety of Milk	Chef Salad Taco Salad w/ Chips Grilled Chicken Sandwich *Ranch Parmesan Pasta Cheese Garden Salad Whole Kernel Corn Pinto Beans Fruit Juice Frozen Juice Bar *Chilled Apricots Chilled Pudding Variety of Milk

Mon, Feb. 6	Tues, Feb. 7	Wed, Feb. 8	Thurs, Feb. 9	Fri, Feb. 10	Weekly NutriAnalysis
Chef Salad Hamburger Chicken Salad *Chili Cheese Fritos California Veggies French Fries Steamed Carrot Coins Pineapple Tidbits Rosy Applesauce *Fruit Juice Crackers Yellow Cake w/Choc. Frosting Variety of Milk	Chef Salad Shepherd's Pie Corn Dog Nuggets * Loaded Potato Field Peas W. Kernel Corn Raw Veggies w/Dip Fresh Fruit Fruit Juice Bar *Fruit Juice Yeast Roll Crackers Variety of Milk	Chef Salad Chicken Spaghetti BBQ Pork Sandwich *Chicken Nuggets Green Beans Broccoli w/Cheese Tossed Salad w/Dressing Fresh Fruit Fresh Blueberries *Chilled Peaches Whole Wheat Roll Crackers Variety of Milk	Chef Salad Chicken Fajita Macaroni & Cheese w/Ham * Chili Cheese Dog Baked Potato Green Peas Pinto Beans Chilled Peas Fresh Fruit *Fruit Juice Yeast Roll Crackers Variety of Milk	Chef Salad Salisbury Steak Pizza * Tuna & Noodles Turnip Greens Mixed Vegetables Mashed Potatoes Chilled Peas Fresh Fruit * Fruit Juice Cornbread Crackers Brownie Variety of Milk	Cal 825 Chol 87 Mg Sodm 1783 Mg Fiber 8.3 G Iron 5.7 Mg Calc 548.6 Mg Vit. A 822 Re Vit C 44.1 Mg T. Fat 25.9 G Prtn 38.0 G Carb 107.3 G S. Fat 9.0 G

Mon, Feb. 13	Tues, Feb. 14	Wed, Feb 15	Thurs, Feb. 16	Fri, Feb 17	Weekly NutriAnalysis
Chef Salad Chicken Nuggets BBQ Rib Sandwich Carrot Coins Broccoli w/Cheese Garden Salad w/Dressing Fresh Fruit Rosy Applesauce Fruit Juice Yeast Roll Crackers Chilled Pudding Variety of Milk	Chef Salad Chicken on a Bun Taco Soup *Tuna Salad Raw Veggies w/Dip Sweet Potatoes Lima Beans Hot Cinnamon Apples Pineapple Tidbits *Fruit Juice Cornbread Crackers Variety of Milk	Chef Salad Lasagna American Sub Sandwich *Grilled Chicken Sandwich California Vegetables Green Beans Tossed Salad w/Dressing Fresh Fruit Pear & Kiwi Medley *Fruit Juice Whole Wheat Roll Crackers Assorted Gelatin Variety of Milk	Chef Salad Chicken & Sausage Jambalaya Chicken Fajita * Chili Cheese Dog Baked Potato Green Peas Pinto Beans Chilled Peas Fresh Fruit *Fruit Juice Yeast Roll Crackers Variety of Milk	Chef Salad Cheesy Chicken Over Rice Pizza W. Kernel Corn Garden Salad w/Dressing Spicy Fries Chilled Peaches Fresh Fruit *Fruit Juice Yeast Roll Crackers Oatmeal Raisin Cookie Variety of Milk	Cal 816 Chol 75 Mg Sodm 1768 Mg Fiber 8.6 G Iron 5.4 Mg Calc 533.4 Mg Vit. A 697 Re Vit C 47.5 Mg T. Fat 23.8 G Prtn 36.1 G Carb 111.7 G S. Fat 8.8 G

Mon, Feb. 20	Tues, Feb. 21	Wed, Feb. 22	Thurs, Feb 23	Fri, Feb. 24	Weekly NutriAnalysis
<b>Professional Development</b>  <i>Presidents' Day</i>  No School Today	Chef Salad Spaghetti Chicken Sandwich Tuna Salad Green Beans Black-eyed Peas Carrot Sticks w/Dip Chilled Peas Fresh Fruit *Fruit Juice Whole Wheat Roll Crackers Variety of Milk	Chef Salad Chicken Nuggets Chicken & Sausage Gumbo *BBQ Rib Sandwich Carrot Coins Broccoli w/Cheese Garden Salad Fresh Fruit Rosy Applesauce *Fruit Juice Yeast Roll Crackers Assorted Gelatin Variety of Milk	Chef Salad Baked/BBQ Chicken Chili Dog Roast Pork Mashed Potatoes Turnip Greens Green Peas Chilled Peaches Fresh Fruit *Fruit Juice Cornbread Crackers Variety of Milk	Chef Salad Red Beans & Rice Taco Salad w/Chips Ham & Turkey Cheese Sub Vegetable Cup w/Dip Seasoned Cabbage California Vegetable Pineapple Tidbits Fresh Fruit *Fruit Juice Cornbread Crackers C/Chip Cookie Variety of Milk	Cal 799 Chol 111 Mg Sodm 2082 Mg Fiber 8.1 G Iron 5.6 Mg Calc 507.1 Mg Vit. A 1421 Re Vit C 40.9 Mg T. Fat 24.5 G Prtn 36.2 G Carb 102.2 G S. Fat 8.2 G

Mon, Feb. 27	Tues, Feb. 28	Wed, Feb. 29	Thurs, March 1	Fri, March 2	Weekly NutriAnalysis
Chef Salad Hamburger Chicken Salad *Chili Cheese Fritos California Veggies French Fries Steamed Carrot Coins Pineapple Tidbits Rosey Applesauce *Fruit Juice Crackers Yellow Cake w/Choc. Frosting Variety of Milk	Chef Salad Shepherd's Pie Corn Dog Nuggets * Loaded Potato Field Peas W. Kernel Corn Raw Veggies w/Dip Fresh Fruit Fruit Juice Bar *Fruit Juice Yeast Roll Crackers Variety of Milk	Chef Salad Chicken Spaghetti BBQ Pork Sandwich *Chicken Nuggets Green Beans Broccoli w/Cheese Tossed Salad w/Dressing Fresh Fruit Fresh Blueberries *Chilled Peaches Whole Wheat Roll Crackers Variety of Milk	Chef Salad Chicken Fajita Macaroni & Cheese w/Ham * Chili Cheese Dog Baked Potato Green Peas Pinto Beans Chilled Peas Fresh Fruit *Fruit Juice Yeast Roll Crackers Variety of Milk	Chef Salad Salisbury Steak Pizza * Tuna & Noodles Turnip Greens Mixed Vegetables Mashed Potatoes Chilled Peas Fresh Fruit * Fruit Juice Cornbread Crackers Brownie Variety of Milk	Cal 825 Chol 87 Mg Sodm 1783 Mg Fiber 8.3 G Iron 5.7 Mg Calc 548.6 Mg Vit. A 822 Re Vit C 44.1 Mg T. Fat 25.9 G Prtn 38.0 G Carb 107.3 G S. Fat 9.0 G

\* Indicates items served to students grades 9-12. Menu subject to change without notice due to delivery shortages and availability.