

# February '10 Balanced Breakfast\*\* & Lunch Options



**\*\*Breakfast is served only in participating schools. For more information, please contact your principal.**

Monday	Tuesday	Wednesday	Thursday	Friday
1 French Toast Sticks w syrup, Sausage Links, Chilled Pineapple	2 Grilled Ham and Cheese Sandwich, Buttered Grits, Mand. Oranges	3 Canadian Bacon and Cheese on a Biscuit, Potato Rounds	4 Scrambled Eggs, Grits, Toast w/ jelly, Applesauce	5 Biscuit w/ jelly, Sausage Patty, Oatmeal, Peach cup
Red Beans w/ Sausage	Nachos w/ Chili and Cheese	Lasagna	Fried Chicken	Fish Strips
Fluffy Rice	Mexican Rice	Italian Green Beans	Cauliflower w Cheese	Macaroni and Cheese
Tossed Salad	Seasoned Corn	Orange Wedges	Mashed Potatoes	Pears
Applesauce	Chilled Strawberries	Garlic Roll	Garlic French Brd	Garden Salad
Cornbread	King Cake	Jell-O		Southern Butter Wheat Roll
Hamburger or Cheeseburger	Comdog	Grilled Chicken	Meatball Poboy	
8	9	10	11	12
	Canadian Bacon & Cheese on Biscuit Chilled Pears	Egg Patty w/ cheese on an Eng. Muffin Grits, Mixed Fruit	Scrambled Eggs, Grits, Toast w Jelly, Peach Cup	Biscuit w/ jelly, sausage patty, Oatmeal, chilled Pineapple
<b>OFF FOR SUPER BOWL</b>				
	<b>Mardi Gras Fling</b> Crispy or Soft Pork Tacos w/ cheese Mexican Rice (HS) Lettuce and Tomato Cup Seasoned Corn King Cake Two Fers	Veal Parmeson Spaghetti Steamed Broccoli Tropical Fruit Italian Bread Grilled Chicken	Turkey Gumbo w Rice Potato Salad Applesauce French Bread BBQ Pork on a Bun	Fried Catfish Cheesy Potatoes Green Beans Southern Butter Roll Chocolate Chip Cookie Grilled Cheese Sandwich
15	16	17	18	19
	HAPPY MARDI GRAS			
		ASH WEDNESDAY		
22	23	24	25	26
Pancake w Syrup, Sausage Link Applesauce	Canadian Bacon and Cheese on a Biscuit, Chilled Pears	Biscuit w/ jelly, Sausage Patty, Oatmeal, Tropical Fruit	Scrambled Egg, Grits, Toast w Jelly, Peach Cup	Egg Patty w/ cheese, Eng. Muffin, Grits, Chilled Mixed Fruit
Pork Chop	Crispy or Soft Pork Taco w/ cheese	Spaghetti w Meatballs	Turkey Noodle Soup	Seafood Gumbo w Rice
Dirty Rice, Mixed Fruit	Arroz con Queso (Rice w Chz) (HS)	Seasoned Green Beans	Grilled Cheese Sandwich	Grilled Cheese Sandwich
Carrots	Lettuce and Tomato Cup	Pineapple	Green Salad	Potato Salad
Cheese Bread	Seasoned Corn	Garlic Roll	Peach Cup	Applesauce
Rice Krispie Treat	Cinnamon Stick			Pudding
Hamburger or Cheeseburger	Comdog	Grilled Chicken	Two Fers	Fish Patty on a Bun

School lunches must meet recommendations of the Dietary Guideline for Americans.

\*No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.

\*Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.



**Check Out Our Website At: [www.schoolcafe.org](http://www.schoolcafe.org)**

**Note: Menus are subject to change without notice.**

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal. Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal.

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Feburay 10th is Edamame (Soy Bean) Nutrition Day! Stop by the Nutrition day table for a yummy sample and fun activities!



School Name \_\_\_\_\_

## February Sandwich Menu 2010

Not for Distribution

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Hamburger w/wo Chz	Chicken Smackers	Sloppy Jo/Meatball PB	Brkfst Sand or Grlld Chz	Chicken Patty
Lett/tom/pick	Potato Rounds	Lett/tom/pick or Apple	Applesauce	Lett/tom/pick
Pears	Orange Wedges	Bkd Fries	Potato Rounds	Strawberries
	Garlic Roll			
8	9	10	11	12
Chicken Nuggets	Student Choice	Brkfst Sand or Grlld Chz	Hamubrger w/wo Chz	Chx Strip w Chz Brd OR
Baked Fries		Peach Cup	Lett/pick/tom	Meatball PB w/wo Chz
Tropical Fruit or Grapes		Potato Rounds	Applesauce	Mxd Fruit or Lett/Tom/P
Italian Bread				Bkd Fries, Rice Krispie
15	16	17	18	19
Lundi Gras	Mardi Gras	Cheese Pizza	Hamubrger w/wo Chz	Fish Patty Sandwich
		California Blend	Lett/pick/tom	Lett/tom/pick
		Tropical Fruit	Bkd Fries	Potato Rounds
22	23	24	25	26
Chicken Strips	Brkfst Sand or Grlld Chz	Hamburger	Two-fer or Meatball PB	Cheese Pizza
Bkd Fries	Potato Rounds	Lett/tom/pick	Lett/pick/tom	Garden Salad
Pineapple	Banana	Peach Cup	OR Apple Wedges	Applesauce
Garlic Roll	Rice Krispie		Baked Fries	