



FEBRUARY 2012

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
USDA is an equal opportunity provider and employer.	V = Vegetarian WG = Whole Grain M = Meat/Meat Alternate G = Grain/Bread V = Vegetable F = Fruit	1 Beef Ricotta Lasagna M G V Tossed Green Salad M Fruit Juice F Milk White, 1% or Fat Free	2 Turkey Burger M G WG Sweet Potato Fries M California Fresh Fruit F Milk White, 1% or Fat Free	3 Chicken Wings of Fire M Whole Wheat Roll G WG Baby Carrots M Fruit Juice F Milk White, 1% or Fat Free
		Weekly Vegetarian Entree Option: Vegetable Tamale & String Cheese M M V		
6 Caribbean Meatballs M M Whole Wheat Naan G WG Fruit Juice F Milk White, 1% or Fat Free	7 100% Charbroiled Beef Burger Slider M G WG Seasoned Baked Wedges M Seasonal Fresh Fruit F Milk White, 1% or Fat Free	8 Orange Chicken Bowl M G WG Cucumber Coins M Omega Fruit Cup F Milk White, 1% or Fat Free	9 Turkey Carnitas Wrap M G WG Tossed Green Salad M California Fresh Fruit F Milk White, 1% or Fat Free	10 Chili Lime Wings M Whole Wheat Roll G WG Baby Carrots M Fruit Juice F Milk White, 1% or Fat Free
Weekly Vegetarian Entree Option: Garden Patch Potato Skins M M V				
13 Chicken Pozole M M Whole Wheat Tortilla Chips G WG Fruit Juice F Milk White, 1% or Fat Free	14 Beef & Broccoli Bowl M G M WG Omega Fruit Cup F Milk White, 1% or Fat Free	15 Spaghetti & Meatballs M G WG Tossed Green Salad M Fruit Juice F Milk White, 1% or Fat Free	16 Natural Roast Turkey & Au Jus M Whole Grain Breadstick G WG Green String Beans M California Fresh Fruit F Milk White, 1% or Fat Free	17 Chicken Wings of Fire M Whole Wheat Roll G WG Baby Carrots M Fruit Juice F Milk White, 1% or Fat Free
Weekly Vegetarian Entree Option: Garden Burger M G V WG				
20 PRESIDENTS' DAY	21 Beef Soft Tacos with WW Tortilla M G M WG Seasonal Fresh Fruit F Milk White, 1% or Fat Free	22 Ancho Chili Chicken with Yakisoba M G M Edamame M Milk White, 1% or Fat Free	23 Italian Turkey Deli Submarine M G WG Omega Fruit Cup F California Fresh Fruit F Milk White, 1% or Fat Free	24 Chili Lime Wings M Whole Wheat Roll G WG Baby Carrots M Fruit Juice F Milk White, 1% or Fat Free
Weekly Vegetarian Entree Option: Tortellini with Butternut Squash Sauce & String Cheese M G M V				
27 Seasoned Chicken M Whole Wheat Roll G WG Celery Sticks M Fruit Juice F Milk White, 1% or Fat Free	28 Beef Soft Tacos with WW Tortilla M G M WG Seasonal Fresh Fruit F Milk White, 1% or Fat Free	29 Beef Ricotta Lasagna M G M Tossed Green Salad M Fruit Juice F Milk White, 1% or Fat Free	Vegetarian Daily Options: Mondays – Manicotti with Tomato Marinara & String Cheese M G M V Tuesdays – Sushi Roll & String Cheese M G M V Wednesdays – Tostada Salad M G M V WG Thursdays – Black Bean Burger M G M V WG Fridays – Chef Salad M M V	
Weekly Vegetarian Entree Option: Vegetable Tamale & String Cheese M M V			M & C: 12/19/2011	

California Fresh Fruit – Knight's Local Orange
 Seasonal Fresh Fruit – Apple Whole, Apple Slices, Green Pear

Daily Optional Menu Item: Italian Turkey Deli Submarine **M G WG or 100% Charbroiled Beef Burger Slider **M G WG****

Milk Option: FF Lactose Free

Menus are Subject to Change