

FEBRUARY, 2010 MIDDLE SCHOOL MENU

A recipe for excellence - A healthy breakfast and lunch
A complete meal includes: One Entrée, Three Sides and Milk
Daily Milk Choices: Fat Free, 1% White, 1% Chocolate & 1% Strawberry



MEAL PRICES

Student Breakfast \$1.00
Student Lunch \$2.25
Adult Lunch \$3.75

	2/1/2010	2/2/2010	2/3/2010	2/4/2010	2/5/2010
ENTRÉE SELECT ONE	Bacon Cheeseburger on Bun Hamburger on Bun Breaded Chicken Pattie on Bun Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Hot Roast Pork & Gravy Sandwich Hot Dog on Bun Turkey Deli on Kaiser Roll Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Macaroni & Cheese w/ Biscuit Hamburger on Bun Baked Chicken w/Fresh Baked Roll Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Meatballs & Gravy over Noodles Hot Dog on Bun Italian Hoagie Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Hot Turkey on Kaiser Roll Hamburger on Bun Breaded Chicken Pattie on Bun Assorted Sandwiches Salad Bar w/ Pizza or Bagel
SIDES - SELECT THREE	Green Beans Stuffed Celery w/ Sunbutter Small Fruit Yogurt Parfait Mgr's Choice of Soup w/ Saltines Fresh Veggies w/ Dip Fresh Garden Salad Assorted Fresh Fruit & 100% Juice	Baked Potato Wedges Green Peas Fresh Orange Wedges Mgr's Choice of Soup w/ Saltines Fresh Veggies w/ Dip Fresh Garden Salad Assorted Fresh Fruit & 100% Juice	Stewed Tomatoes Fresh Garden Salad Dried Cranberries Mgr's Choice of Soup w/ Saltines Fresh Veggies w/ Dip Fresh Garden Salad Assorted Fresh Fruit & 100% Juice	Mashed Potatoes Seasoned Carrots Warm Apple Slices Mgr's Choice of Soup w/ Saltines Fresh Veggies w/ Dip Fresh Garden Salad Assorted Fresh Fruit & 100% Juice	Tomato Soup w/Goldfish Crackers Baked Corn Nuggets Applesauce Mgr's Choice of Soup w/ Saltines Fresh Veggies w/ Dip Fresh Garden Salad Assorted Fresh Fruit & 100% Juice
	2/8/2010	2/9/2010	2/10/2010	2/11/2010	2/12/2010
ENTRÉE SELECT ONE	Cheese Steak w/ Fixings Bar Hamburger on Bun Breaded Chicken Pattie/Bun Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Hot Ham & Cheese Sandwich Hot Dog on Bun Turkey Deli/ Kaiser Roll Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Baked Chicken w/Fresh Baked Roll Cheeseburger on Bun Pork BBQ on a Bun Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Spaghetti & Meatballs w/ Roll Hot Dog on Bun Italian Hoagie Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Chicken Stick Wrap w/Fixings Hamburger on Bun Breaded Chicken Pattie on Bun Assorted Sandwiches Salad Bar w/ Pizza or Bagel
SIDES - SELECT THREE	Baked French Fries Warm Sliced Apples Mgr's Choice of Soup w/ Saltines Fresh Veggies w/ Dip Fresh Garden Salad Assorted Fresh Fruit & 100% Juice	Seasoned Corn Sliced Pears Mgr's Choice of Soup w/ Saltines Fresh Veggies w/ Dip Fresh Garden Salad Assorted Fresh Fruit & 100% Juice	Mashed Potatoes w/ Gravy Warm Cherry Crisp Mgr's Choice of Soup w/ Saltines Fresh Veggies w/ Dip Fresh Garden Salad Assorted Fresh Fruit & 100% Juice	Green Beans Applesauce Mgr's Choice of Soup w/ Saltines Fresh Veggies w/ Dip Fresh Garden Salad Assorted Fresh Fruit & 100% Juice	Assorted Hot Veggies Assorted Fruits Mgr's Choice of Soup w/ Saltines Fresh Veggies w/ Dip Fresh Garden Salad Assorted Fresh Fruit & 100% Juice
	President's Day 2/15/2010	2/16/2010	2/17/2010	2/18/2010	2/19/2010
ENTRÉE SELECT ONE	Schools and Offices Closed DOMINO'S PIZZA Indian Crest - Tuesdays Indian Valley - Fridays Second Slice w/ Lunch - \$2.00	Hot Turkey Sandwich w/ Gravy Hot Dog on Bun Turkey Deli on a Kaiser Roll Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Mozzarella Cheese Sticks w/Sauce Cheeseburger on Bun Baked Chicken w/Fresh Baked Roll Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Meatball Parmesan Hoagie Hot Dog on Bun Italian Hoagie Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Pork BBQ on Bun Hamburger on Bun Toasted Cheese Sandwich Assorted Sandwiches Salad Bar w/ Pizza or Bagel
SIDES - SELECT THREE	Breakfast is served in all school buildings. All items on this menu are baked or steamed. No deep fryers are used in the district.	Mashed Potatoes Dried Cherries Mgr's Choice of Soup w/ Saltines Fresh Garden Salad Fresh Veggies w/ Dip Assorted Fresh Fruit & 100% Juice	Seasoned Carrots Warm Sliced Apples Mgr's Choice of Soup w/ Saltines Fresh Garden Salad Fresh Veggies w/ Dip Assorted Fresh Fruit & 100% Juice	Baked Potato Wedges Mixed Fruit Mgr's Choice of Soup w/ Saltines Fresh Garden Salad Fresh Veggies w/ Dip Assorted Fresh Fruit & 100% Juice	Assorted Hot Veggies Assorted Fruits Mgr's Choice of Soup w/ Saltines Fresh Garden Salad Fresh Veggies w/ Dip Assorted Fresh Fruit & 100% Juice
	2/22/2010	2/23/2010	Early Dismissal 2/24/2010	Early Dismissal 2/25/2010	Early Dismissal 2/26/2010
ENTRÉE SELECT ONE	Breaded Pork Pattie on Roll Hamburger on Bun Breaded Chicken Pattie on Bun Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Rib BQ on Bun Hot Dog on Bun Turkey Deli on a Kaiser Roll Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Bosco Cheese Sticks w/ Sauce Hamburger on Bun Baked Chicken w/Fresh Baked Roll Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Scrambled Eggs w/ Biscuit Hot Dog on Bun Italian Hoagie Assorted Sandwiches Salad Bar w/ Pizza or Bagel	Hot Roast Beef Sandwich Breaded Chicken Pattie on Bun Toasted Cheese Sandwich Assorted Sandwiches Salad Bar w/ Pizza or Bagel
SIDES - SELECT THREE	Mashed Potatoes Frozen Peach Pop Mgr's Choice of Soup w/ Saltines Fresh Garden Salad Fresh Veggies w/ Dip Assorted Fresh Fruit & 100% Juice	Baked French Fries Applesauce Mgr's Choice of Soup w/ Saltines Fresh Garden Salad Fresh Veggies w/ Dip Assorted Fresh Fruit & 100% Juice	Green Beans Sliced Pears Mgr's Choice of Soup w/ Saltines Fresh Garden Salad Fresh Veggies w/ Dip Assorted Fresh Fruit & 100% Juice	Hash Brown Potato Mixed Fruit Mgr's Choice of Soup w/ Saltines Fresh Garden Salad Fresh Veggies w/ Dip Assorted Fresh Fruit & 100% Juice	Assorted Hot Veggies Assorted Fruits Mgr's Choice of Soup w/ Saltines Fresh Garden Salad Fresh Veggies w/ Dip Assorted Fresh Fruit & 100% Juice

Menu is subject to change