

# 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	2	3	4	5
Red Beans w Sausage & Rice	Mexican Pizza	Meatsauce w Pasta	Chicken Strips	Shrimp Poppers
Toss Salad	Italian Salad	Italian Green Beans	Mashed Potatoes w Gravy	Macroni & Cheese
Peaches	Chilled Strawberries	Chilled Pears	Green Peas	Chilled Tropical Fruit
Corn Roll	King Cake	Garlic Roll	Southern Butter Roll	French Bread
Meatball PoBoy	Chicken Patty on Bun	Grill Cheese	Jell-o	Chicken Smackers
8	9	10	11	12
NO SCHOOL!				<b>EARLY LUNCH!!!!</b>
		<b>Nutrition Day- Edamame</b>	<b>Mardi Gras Fling</b>	<b>ONE LINE ONLY!!!!</b>
	Crispy Pork Taco	Meatballs & Spaghetti	Turkey Gumbo w Rice	Pizza
	Cheese Cup	Italian Salad	Green Salad	Toss Salad
	Lettuce/Tomato Cup	Chilled Peaches	Applesauce	Chilled Pears
	Seasoned Corn	Garlic Roll	French Bread	
	King Cake			
	Chicken Nuggets	Hamburger	Meatball PoBoy	
15	16	17	18	19
		NO SCHOOL!!!!	NO SCHOOL!!!!	NO SCHOOL!!!!
<b>President's Day</b>		<b>Ash Wednesday</b>		
<b>Lundi Gras</b>	<b>Mardi Gras</b>			
22	23	24	25	26
Pork Chop	Crispy Pork Taco	Meatballs & Spaghetti	Turkey Noodle Soupw Grill Cheese	Seafood Gumbo w Rice
Potatoes w/Cheese	Cheese Cup	Italian Salad	Green Salad	Cheese Stick
Green Peas	Lettuce/Tomato Cup	Seasoned Green Beans	Peach Cup	Garden Salad
Wheat Roll	Seasoned Corn	Chilled Pineapple	French Bread	Applesauce
Pudding Cup	Cinnamon Stick	Garlic Roll	Spice Cake	Southern Butter Roll
Chicken Strips	Meatball Po Boy	Chicken Patty	Hamburger	Cheese Pizza

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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February 9th is Student Choice Day!  
You choose what's for lunch!



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



February 11th is our Mardi Gras Fling!  
Join us for delicious Gumbo, King Cake and lots of fun!

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