




# Elementary Breakfast & Lunch Menu February 2012



If your child is approved for free or reduced lunch  
he/she is eligible for free breakfast!!

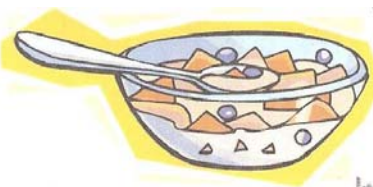
Menu Subject to Change



Monday	Tuesday	Wednesday	Thursday	Friday
  <b>Breakfast Start Times</b> <b>New Franklin</b> <b>8:00</b> <b>Dondero</b> <b>8:30</b> <b>Little Harbour</b> <b>8:25</b>		<b>Breakfast</b> <sup>1</sup> Ham and Cheese Egg Wraps  <b>Lunch</b> Shepherd's Pie or Ham and Cheese Sub Green Beans Fresh Pears	<b>Breakfast</b> <sup>2</sup> Spaceship Bagel (Bagel w/Lite Cream Cheese and Hard Boiled Egg)  <b>Lunch</b> Pizza or Spaghetti w/Meat Sauce Garlic Stick Spinach Salad Pineapple	<b>Breakfast</b> <sup>3</sup> Manager's Choice  <b>Lunch</b> Fun Fish or Hot Dog Garlic Roasted Red Potatoes Veggie Sticks Diced Peaches
<b>Breakfast</b> <sup>6</sup> Scrambled Eggs w/Diced Ham Whole Wheat English Muffin  <b>Lunch</b> Chicken Os or Turkey BLT on Wheat Seasoned Rice Peas and Carrots Raisins	<b>Breakfast</b> <sup>7</sup> French Toast Sticks w/ Syrup Sausage links  <b>Lunch</b> Baked Chicken w/Noodles or Tuna Salad Pita Pocket Mixed Green Salad Red Grapes	<b>Breakfast</b> <sup>8</sup> McClipper Breakfast Sandwich  <b>Lunch</b> Rotini w/Marinara Sauce and Mozzarella Sticks or Meatball Subs Fresh Broccoli Diced Pears	<b>Breakfast</b> <sup>9</sup> Bagel w/Lite Cream Cheese Turkey Bacon  <b>Lunch</b> Pizza or Chicken Caesar Wrap Steamed Summer & Zucchini Squash Strawberries on a Biscuit	<b>Breakfast</b> <sup>10</sup> Manager's Choice  <b>Lunch</b> Grilled Cheese w/Tomato Soup or BBQ Chicken over Rice Green Beans Applesauce

## Daily Choices

- Assorted Cereal
- Honey Nut Cheerios
- Cheerios
- Golden Graham
- Cinnamon Toast Crunch
- Yogurt
- Toast
- Assorted Juices
- Milk



Breakfast is an opportunity for students to start the day with a healthy morning meal. Studies show that a good breakfast gives the student energy they need to learn, behave, are less absent or tardy and perform better than those who skip breakfast. It provides *the necessary energy to start a day of learning and achievement while providing protein, calcium, iron and vitamins A and C.*





# Elementary Breakfast and Lunch Menu February 2012



Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
<b>Breakfast</b> Hard Boiled Eggs Ham Sticks w/Toast  <b>Lunch</b> Chicken-Broccoli Stir-fry or Honey Wheat Ham & Cheese Wrap Rice Cucumber Sticks Orange Smiles	<b>Breakfast</b> Banana in a Blanket  <b>Lunch</b> LOVE ME Chicken Tenders HUG ME Red Bliss Hash Browns KISS ME Raisins PEACHY Peaches	<b>Delayed Opening</b>  Continental Breakfast  <b>Lunch</b> French Toast Sticks Bagels w/Lite Cream Cheese Diced Ham Breakfast Potatoes Fresh Cantaloupe	<b>Breakfast</b>  Ham and Cheese Omelet  <b>Lunch</b> Pizza or Egg Salad Sandwich Fresh Garden Salad Pineapple	<b>Breakfast</b>  Manager's Choice  <b>Lunch</b> Chicken & Cheese Quesidilla Or Turkey & Cheese Subs Lettuce and Tomato Carrot & Raisin Salad Banana
20	21	22	23	24
<b>Breakfast</b>  Breakfast Burrito w/Sausage  <b>Lunch</b> Chicken Patty/Bun or Ham & Cheese in Pita Pocket Potato Salad Kiwi	<b>Breakfast</b>  Scrumptious Swiss Oats  <b>Lunch</b> <b>PU PU Platter</b> Chicken Teriyaki Pork Rib Sweet n Sour Meatballs Rice/Oriental Veggies Broccoli Mandarin Orange Salad and Fortune Cookie	<b>Breakfast</b>  Scrambled Eggs w/Diced Ham and Hash Browns  <b>Lunch</b> Beef Tacos or Chicken Fajitas Refried Beans Mexican Corn Honeydew Melon	<b>Breakfast</b>  Pancakes w/Syrup and Turkey Bacon  <b>Lunch</b> Pizza or Breakfast Bean Burrito Baked Fries Cinnamon Sliced Apples	<b>Breakfast</b>  Manager's Choice  <b>Lunch</b>  Chef's Choice

### Contacts

Joanne Curtis New Franklin 436-8133  
 Jodi Kenny Dondero 431-5065  
 Paula McCarthy Little Harbour 431-4831



Paid Meals w/Milk Breakfast \$1.25 Lunch \$2.25  
 Reduced Meal/w Milk Lunch \$ .40

*All Lunch Box Meals from home  
 Milk \$ .40*

### MyNutriKids – On line prepayments

MyNutriKids gives parents a fast, easy and secure way to add money to your children's school meal accounts (using a credit, debit card or PayPal account), check your children's current school meal account balances and monitor what items your children have been purchasing at school. If you have questions, contact Deborah Riso 436-0443 or Donna Sulley 431-5080 ext 229

This explains what to do if you believe you have been treated unfairly. "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA Director, Office of Adjudication, 1400 Independence Avenue SW, Washington, D.C. 20250-9410 or call toll-free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."

**Winter Vacation February 27, 2012 – March 2, 2012!!**

