





Elementary School Lunches

February 2012

Black History Month



Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY 2 - Groundhog Day FEBRUARY 14 - Valentine's Day FEBRUARY 20 - President's Day		1 Hot Dog on a Bun or Deli Sub Oven Fries Chilled Fruit Cup	2  Nacho Tacos With Meat Shredded Cheese & Lettuce Or Turkey Sub Corn Chilled Fruit Cup	3 Oven Baked Pizza or Tuna Sandwich Tossed Salad Chilled Fruit Cup
6 Crispy Chicken Nuggets Or PB&J Sandwich Dinner Roll Smile Potatoes Chilled Fruit Cup	7 Mozzarella Stix with Dipping Sauce or Ham & Cheese Sub Tossed Salad Chilled Fruit Cup	8 Hamburger on a Bun or Deli Sub Oven Fries Chilled Fruit Cup	9 BBQ Rib Sandwich or Turkey & Cheese Wrap Steamed Vegetables Chilled Fruit Cup	10 Oven Baked Pizza or Tuna Sandwich Carrots Sticks Chilled Fruit Cup
13 Chicken Patty on a Bun or PB & J Sandwich Potato Wedges Chilled Fruit Cup	14  Pepperoni Pizzas With Dipping Sauce or Ham & Cheese Sub Tossed Salad Chilled Fruit Cup	15 French Toast Stix with Sausage or Yogurt, Fruit, & Cheese Platter with Crackers 100% Juice Chilled Fruit Cup	16 Nacho Tacos With Meat Shredded Cheese & Lettuce Or Turkey Sub Corn Chilled Fruit Cup	17 Oven Baked Pizza or Tuna Sandwich Carrots Sticks Chilled Fruit Cup
20 	21  Cheese Steak Sandwich Or PB & sandwich Oven Potatoes Chilled Fruit Cup	22 Grilled Cheese Sandwich or Chef Salad Platter with Deli Meat Carrot Sticks Chilled Fruit Cup	23 Chicken Nuggets or Turkey & Cheese Wrap Oven Fries Dinner Roll Chilled Fruit Cup	24 Oven Baked Pizza or Tuna Sandwich Tossed Salad Chilled Fruit Cup
27 Chicken Patty on a Bun or PB & J Sandwich Smile Potatoes Chilled Fruit Cup	28 French Bread Pizza or Ham & Cheese Sub Tossed Salad Chilled Fruit Cup	29 Cheeseburger on a Bun or Deli Sub Oven Fries Chilled Fruit Cup EARLY DISMISSAL	FEBRUARY 21 - Fat Tuesday/Mardi Gras FEBRUARY 22 - Ash Wednesday FEBRUARY 29 - Parent Conferences 1:25pm - 3:15pm	

Here's What's Cookin'

Your lunch includes:

Choice of one entrée
Hot or Cold

Choice of 2 Sides
Fruit / Vegetable

Choice of Low-fat Milk

A lunch must include a minimum of three groups.

If less than three are selected, you will be charged ala carte.

Full Price Lunch = \$2.75
Reduced Lunch Price = \$.40
Milk = \$.50

Lunches maybe prepaid

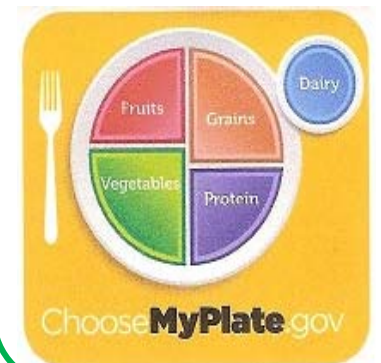
MENU SUBJECT TO CHANGE

Families know that kids who **EAT SMART and PLAY HARD** do better in school!

Our school is preparing healthier meals by serving low-fat dairy products, more fruits and veggies, whole grains and dried beans (to increase fiber), and lower fat entrees. **Contact the school food service department, Michelle Jenkins, R.D. at (732) 525-5207 to see what healthy changes we are making!**

There are a lot of things you can do right around your house or neighborhood to get fit and have fun.

This month roll down a hill, jump rope, or play hopscotch.



Available Choice of Low-Fat Milk Daily Seasonal Fresh Fruit Basket Assorted Bread Basket

Alternate Cold Lunch Choices:

- 1.) Fiesta Fun Lunch Box with Baked Scoops & Salsa
- 2.) Bagel Lunch Box with Choice of Peanut Butter or Cheese Stix

*Please note: Smuckers Uncrustables sandwiches are on whole wheat bread/rolls.
Pizza crust is made with whole wheat flour.

