

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
French Toast Sticks w syrup, Sausage Links, Chilled Pineapple	Grilled Ham and Cheese Triangle , Mand. Oranges, Grits	Sausage Patty, Biscuit or Bagel Apple sauce	Scrambled Eggs, Cheese Grits, Toast w Jelly, Potato Rounds	Donuts, Peach Cup
Fish Strips	Lasagna	Fried Chicken	Turkey& Sausage Jambalya	Mexican Pizza
Mac&Cheese	Italian Green Beans	Cauliflower w Cheese	Cornbread	King Cake
Pears	Orange Wedges	Sweet Potato Cassarole	Tossed Salad	Seasoned Corn
Broccoli	Garlic Roll	Garlic French Brd	Applesauce	Chilled Strawberries
Dinner Rol	Jell-O			
	Potatoe Bar	Pre-Made Salad/ Chicken Smackers	Hamburger	
8	9	10	11	12
Pancake w Syrup, Sausage Link Applesauce	Canadian Bacon & Cheese on Biscuit Chilled Pears	Egg Patty Biscuit, Grits, Mixed Fruit	Sausage Patty, Cheese Grits, Toast w Jelly, Peach Cup	Beignets , Chilled Pineapple
		Nutrition Day- Edamame	Mardi Gras Fling	
Spaghetti&Meatballs	Nacho/Chili/Cheese	Pork Taco	Turkey Gumbo w Rice	Pork Chop
Italian Bread	Corn	Hard Or Soft Shells	Green Salad	Mixed Fruit
Steamed Broccoli	Peaches	Lett/Tom cup	Applesauce	Carrots
Tropical Fruit	Oatmeal Cookie	Refried Beans	French Bread	Dinner Roll
		Sugar Cookie	King Cake	Rice Krispie Treat
	Potato Bar	Pre-Made Salad/Tuna	Hamburger	
15	16	17	18	19
President's Day		Ash Wednesday		
Lundi Gras	Mardi Gras		Off Mardi Gras	Off Mardi Gras
22	23	24	25	26
Waffle w Syrup Sausage Patty Applesauce	Can. Bacon & Cheese Biscuit or Bagel, Pears	Egg Patty w/wo Cheese Eng. Muffin/Biscuit, Grits, Trop. Fruit	Scrambled Egg, Cheese Grits, Toast w Jelly, Peach Cup	Donuts, Mixed Fruit
Spaghetti w Meatballs	Pork Chop	Sausage And Potatoe Stew	Pork Taco	Seafood Gumbo w Rice
Seasoned Green Beans	Potatoes in Cheese Sauce	Ital. Bread	corn	Cheese Stick
Pineapple	Green Peas	Green Salad	Lettuce/TomatoCups	Garden Salad
Garlic Roll	Wheat Roll	Peach Cup	King Cake	Applesauce
	Rice Krispie Treat			pudding
	Potatoe Bar		Two-fer	

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

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!



Feburay 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 _____