







# February 2012 lunch menu

Monday	Tuesday	Wednesday	Thursday	Friday	Average Weekly Nutrient Information				
 <b>Heart Month</b>		<b>1</b> <b>TURKEY &amp; GRAVY**</b> -or- <b>FIESTA BEAN BURRITO</b> Mashed Potatoes Green Beans	<b>2</b> <b>CHILI CHEESE DOG</b> -or- <b>TURKEY CORNDOG</b> Strawberry Cup Happy Birthday Cupcake	<b>3</b> <b>PEPPERONI PIZZATA</b> Tossed Salad w/Cheese MM Grn Apple Juice Bar	Average	Target	Average	Target	
		Calories 693 Fiber 5.17 G Iron 3.48 Mg Calcium 531.75 Mg Vitamin A 3401 IU Vitamin C 23.10 Mg	645 3.30 267.00 1055 15.00	Protein 29.81 G Carbs 100.65 G % of Calories Tot. Fat 26.90 % Sat. Fat 8.87 %	8.87 <30.00% <10.00%	Menus meet all USDA standards for nutritionally balanced meals.			
<b>6</b> <b>CHICKEN NUGGETS</b> Crinkle Cut Potatoes Pineapple	<b>7</b> <b>BRUNCH FOR LUNCH</b> <b>BELGIAN WAFFLE</b> <b>HAM SLICE</b> Tater Tots Orange Juice	<b>8</b> <b>TERIYAKI CHICKEN &amp; RICE</b> -or- <b>FIESTA BEAN BURRITO</b> Green Beans	<b>9</b> <b>HAMBURGER ON BUN*</b> -or- <b>TURKEY CORNDOG</b> Baked Cheetos Fresh Tangerine	<b>10</b> <b>STUFFED CRUST CHEESE or PEPPERONI PIZZA</b> Carrot Sticks MM Cherry Juice Bar	Average	Target	Average	Target	
Calories 683 Fiber 4.33 G Iron 3.29 Mg Calcium 486.34 Mg Vitamin A 3475 IU Vitamin C 32.98 Mg	645 3.30 267.00 1055 15.00	Protein 28.48 G Carbs 97.15 G % of Calories Tot. Fat 26.86 % Sat. Fat 7.84 %	8.87 <30.00% <10.00%						
<b>13</b> <b>CHICKEN TENDERS</b> Potato Smiles Raisins	<b>14</b> <b>MACARONI &amp; CHEESE (RF)*</b> -or- <b>TURKEY SUB SANDWICH</b> Carrot Sticks Valentine Cookie	<b>15</b> <b>SPAGHETTI w/MEATSAUCE</b> -or- <b>FIESTA BEAN BURRITO</b> String Cheese Corn	<b>16</b> <b>CHICKEN TAQUITOS</b> -or- <b>TURKEY CORNDOG</b> Spanish Rice Refried Beans	<b>17 no school</b> 	Average	Target	Average	Target	
Calories 657 Fiber 7.47 G Iron 4.07 Mg Calcium 540.07 Mg Vitamin A 4212 IU Vitamin C 15.00 Mg	645 3.30 267.00 1055 15.00	Protein 29.89 G Carbs 94/01 G % of Calories Tot. Fat 26.29 % Sat. Fat 7.97 %	8.87 <30.00% <10.00%						
<b>20 no school</b> 	<b>21</b> <b>TURKEY HOT DOG</b> -or- <b>MINI-CHEESEBURGERS</b> Baked Beans Carrot Sticks	<b>22</b> <b>CARNITAS</b> Rice Fresh Grapes	<b>23</b> <b>CHICKEN PATTY ON A BUN*</b> Crinkle Cut Potatoes Fresh Tangerine	<b>24</b> <b>MAX ROUND CHEESE or PEPPERONI PIZZA</b> Tossed Salad w/Cheese Sidekicks Fr Juice ICEE	Average	Target	Average	Target	
Calories 663 Fiber 5.36 G Iron 3.70 Mg Calcium 527.94 Mg Vitamin A 4434 IU Vitamin C 30.74 Mg	645 3.30 267.00 1055 15.00	Protein 32.18 G Carbs 88.49 G % of Calories Tot. Fat 27.91 % Sat. Fat 7.90 %	8.87 <30.00% <10.00%						
<b>27</b> <b>POPCORN CHICKEN</b> Corn EZ Split Mini-Biscuit Raisins	<b>28</b> <b>CHICKEN EGGROLL</b> -or- <b>TURKEY SUB SANDWICH</b> Rice Carrot Sticks	<b>29</b> <b>TURKEY &amp; GRAVY**</b> -or- <b>FIESTA BEAN BURRITO</b> Mashed Potatoes Green Beans	*Indicates a whole wheat/whole grain product ** All white meat products The Minute Maid, frozen fruit, juice bars are 100% juice and contain no added sugars or artificial colors or flavors. They also provide up to 3 grams of fiber, and are an excellent source of vitamin C!		Average	Target	Average	Target	
Calories 693 Fiber 5.17 G Iron 3.48 Mg Calcium 531.75 Mg Vitamin A 3401 IU Vitamin C 23.10 Mg	645 3.30 267.00 1055 15.00	Protein 29.81 G Carbs 100.65 G % of Calories Tot. Fat 26.90 % Sat. Fat 8.87 %	8.87 <30.00% <10.00%						





**Parents:** As reported on School Loop, the district is no longer utilizing mySchoolbucks as our online payment vendor. The new vendor is ParentOnline and you can set up a new account by logging onto their website: [www.parentonline.net](http://www.parentonline.net). With this system you can prepay by using your Visa or MasterCard. It is available 24 hours a day, 7 days a week. There is a \$1.75 convenience fee per transaction when you make a payment into the system. You will be able to view account balances and your child's purchase history. The system can be set to send an email notice when the balance is low, or you can set up automatic payments. You will need your child's student ID number to set up the account.





# breakfast menu



Monday	Tuesday	Wednesday	Thursday	Friday	Average Monthly Nutrient Information																																						
		1 SAUSAGE & EGG FLAUTA Apple Slices	2 BLUEBERRY MUFFIN Applesauce	3 CEREAL CHOICE Mixed Fruit	Average	Target	Average	Target																																			
		<table border="1"> <tr> <td>Calories</td> <td>506</td> <td>498</td> <td>Protein</td> <td>15.15 G</td> <td>7.34</td> </tr> <tr> <td>Fiber</td> <td>3.51 G</td> <td></td> <td>Carbs</td> <td>94.76 G</td> <td></td> </tr> <tr> <td>Iron</td> <td>5.45 Mg</td> <td>2.63</td> <td colspan="3">% of Calories</td> </tr> <tr> <td>Calcium</td> <td>492.28 Mg</td> <td>214.29</td> <td>Tot. Fat</td> <td>14.35 %</td> <td>&lt;30.00%</td> </tr> <tr> <td>Vitamin A</td> <td>951 IU</td> <td>839</td> <td>Sat. Fat</td> <td>3.15 %</td> <td>&lt;10.00%</td> </tr> <tr> <td>Vitamin C</td> <td>12.98 Mg</td> <td>11.43</td> <td colspan="3"></td> </tr> </table>				Calories	506	498	Protein	15.15 G	7.34	Fiber	3.51 G		Carbs	94.76 G		Iron	5.45 Mg	2.63	% of Calories			Calcium	492.28 Mg	214.29	Tot. Fat	14.35 %	<30.00%	Vitamin A	951 IU	839	Sat. Fat	3.15 %	<10.00%	Vitamin C	12.98 Mg	11.43				Cold Cereal is available every day at breakfast.	
Calories	506	498	Protein	15.15 G	7.34																																						
Fiber	3.51 G		Carbs	94.76 G																																							
Iron	5.45 Mg	2.63	% of Calories																																								
Calcium	492.28 Mg	214.29	Tot. Fat	14.35 %	<30.00%																																						
Vitamin A	951 IU	839	Sat. Fat	3.15 %	<10.00%																																						
Vitamin C	12.98 Mg	11.43																																									
6 BUTTERMILK BAR Pears	7 BREAKFAST QUESADILLA Peaches	8 PANCAKE & SAUSAGE STICK Banana	9 CONCHA PASTRY Apple Slices	10 CEREAL CHOICE Pineapple String Cheese	Average	Target	Average	Target																																			
<table border="1"> <tr> <td>Calories</td> <td>553</td> <td>525</td> <td>Protein</td> <td>17.01 G</td> <td>7.34</td> </tr> <tr> <td>Fiber</td> <td>4.95 G</td> <td>4.37</td> <td>Carbs</td> <td>100.63 G</td> <td></td> </tr> <tr> <td>Iron</td> <td>11.53 Mg</td> <td>5.19</td> <td colspan="3">% of Calories</td> </tr> <tr> <td>Calcium</td> <td>523.96 Mg</td> <td>461.32</td> <td>Tot. Fat</td> <td>16.64 %</td> <td>&lt;30.00%</td> </tr> <tr> <td>Vitamin A</td> <td>895 IU</td> <td>848</td> <td>Sat. Fat</td> <td>4.57 %</td> <td>&lt;10.00%</td> </tr> <tr> <td>Vitamin C</td> <td>18.07 Mg</td> <td>15.99</td> <td colspan="3"></td> </tr> </table>				Calories	553	525	Protein	17.01 G	7.34	Fiber	4.95 G	4.37	Carbs	100.63 G		Iron	11.53 Mg	5.19	% of Calories			Calcium	523.96 Mg	461.32	Tot. Fat	16.64 %	<30.00%	Vitamin A	895 IU	848	Sat. Fat	4.57 %	<10.00%	Vitamin C	18.07 Mg	15.99							
Calories	553	525	Protein	17.01 G	7.34																																						
Fiber	4.95 G	4.37	Carbs	100.63 G																																							
Iron	11.53 Mg	5.19	% of Calories																																								
Calcium	523.96 Mg	461.32	Tot. Fat	16.64 %	<30.00%																																						
Vitamin A	895 IU	848	Sat. Fat	4.57 %	<10.00%																																						
Vitamin C	18.07 Mg	15.99																																									
13 *CINNAMON GLAZED TOAST String Cheese Pears	14 BAGEL-FULS Orange Half	15 *FRENCH TOAST STICKS Apple Slices	16 BREAKFAST SAUSAGE PIZZA Applesauce	17  No school	Average	Target	Average	Target																																			
<table border="1"> <tr> <td>Calories</td> <td>497</td> <td>498</td> <td>Protein</td> <td>17.43 G</td> <td>7.34</td> </tr> <tr> <td>Fiber</td> <td>4.10 G</td> <td></td> <td>Carbs</td> <td>85.59 G</td> <td></td> </tr> <tr> <td>Iron</td> <td>4.16 Mg</td> <td>2.63</td> <td colspan="3">% of Calories</td> </tr> <tr> <td>Calcium</td> <td>537.95 Mg</td> <td>214.29</td> <td>Tot. Fat</td> <td>18.91 %</td> <td>&lt;30.00%</td> </tr> <tr> <td>Vitamin A</td> <td>863 IU</td> <td>839</td> <td>Sat. Fat</td> <td>5.84 %</td> <td>&lt;10.00%</td> </tr> <tr> <td>Vitamin C</td> <td>17.92 Mg</td> <td>11.43</td> <td colspan="3"></td> </tr> </table>				Calories	497	498	Protein	17.43 G	7.34	Fiber	4.10 G		Carbs	85.59 G		Iron	4.16 Mg	2.63	% of Calories			Calcium	537.95 Mg	214.29	Tot. Fat	18.91 %	<30.00%	Vitamin A	863 IU	839	Sat. Fat	5.84 %	<10.00%	Vitamin C	17.92 Mg	11.43							
Calories	497	498	Protein	17.43 G	7.34																																						
Fiber	4.10 G		Carbs	85.59 G																																							
Iron	4.16 Mg	2.63	% of Calories																																								
Calcium	537.95 Mg	214.29	Tot. Fat	18.91 %	<30.00%																																						
Vitamin A	863 IU	839	Sat. Fat	5.84 %	<10.00%																																						
Vitamin C	17.92 Mg	11.43																																									
20  No school	21 *ULTRA CINNAMON BUN Sunflower Kernals Peaches	22 EGG/SAUSAGE/ CHEESE BURRITO Orange Half	23 *VERY BERRY MINI-LOAF Applesauce	24 CEREAL CHOICE Pineapple String Cheese	Average	Target	Average	Target																																			
<table border="1"> <tr> <td>Calories</td> <td>506</td> <td>498</td> <td>Protein</td> <td>17.16 G</td> <td>7.34</td> </tr> <tr> <td>Fiber</td> <td>4.57 G</td> <td></td> <td>Carbs</td> <td>82.34 G</td> <td></td> </tr> <tr> <td>Iron</td> <td>5.23 Mg</td> <td>2.63</td> <td colspan="3">% of Calories</td> </tr> <tr> <td>Calcium</td> <td>481.64 Mg</td> <td>214.29</td> <td>Tot. Fat</td> <td>23.10 %</td> <td>&lt;30.00%</td> </tr> <tr> <td>Vitamin A</td> <td>874 IU</td> <td>839</td> <td>Sat. Fat</td> <td>5.30 %</td> <td>&lt;10.00%</td> </tr> <tr> <td>Vitamin C</td> <td>18.12 Mg</td> <td>11.43</td> <td colspan="3"></td> </tr> </table>				Calories	506	498	Protein	17.16 G	7.34	Fiber	4.57 G		Carbs	82.34 G		Iron	5.23 Mg	2.63	% of Calories			Calcium	481.64 Mg	214.29	Tot. Fat	23.10 %	<30.00%	Vitamin A	874 IU	839	Sat. Fat	5.30 %	<10.00%	Vitamin C	18.12 Mg	11.43							
Calories	506	498	Protein	17.16 G	7.34																																						
Fiber	4.57 G		Carbs	82.34 G																																							
Iron	5.23 Mg	2.63	% of Calories																																								
Calcium	481.64 Mg	214.29	Tot. Fat	23.10 %	<30.00%																																						
Vitamin A	874 IU	839	Sat. Fat	5.30 %	<10.00%																																						
Vitamin C	18.12 Mg	11.43																																									
27 MVP DONUT Pears	28 MINI-PANCAKE & SAUSAGE BITES Peaches	29 SAUSAGE & EGG FLAUTA Apple Slices			Average	Target	Average	Target																																			
<table border="1"> <tr> <td>Calories</td> <td>524</td> <td>498</td> <td>Protein</td> <td>15.72 G</td> <td>7.34</td> </tr> <tr> <td>Fiber</td> <td>3.23 G</td> <td></td> <td>Carbs</td> <td>98.46 G</td> <td></td> </tr> <tr> <td>Iron</td> <td>5.27 Mg</td> <td>2.63</td> <td colspan="3">% of Calories</td> </tr> <tr> <td>Calcium</td> <td>514.77 Mg</td> <td>214.29</td> <td>Tot. Fat</td> <td>13.93 %</td> <td>&lt;30.00%</td> </tr> <tr> <td>Vitamin A</td> <td>1009 IU</td> <td>839</td> <td>Sat. Fat</td> <td>3.45 %</td> <td>&lt;10.00%</td> </tr> <tr> <td>Vitamin C</td> <td>15.00 Mg</td> <td>11.43</td> <td colspan="3"></td> </tr> </table>				Calories	524	498	Protein	15.72 G	7.34	Fiber	3.23 G		Carbs	98.46 G		Iron	5.27 Mg	2.63	% of Calories			Calcium	514.77 Mg	214.29	Tot. Fat	13.93 %	<30.00%	Vitamin A	1009 IU	839	Sat. Fat	3.45 %	<10.00%	Vitamin C	15.00 Mg	11.43				*Indicates a whole wheat/whole grain product			
Calories	524	498	Protein	15.72 G	7.34																																						
Fiber	3.23 G		Carbs	98.46 G																																							
Iron	5.27 Mg	2.63	% of Calories																																								
Calcium	514.77 Mg	214.29	Tot. Fat	13.93 %	<30.00%																																						
Vitamin A	1009 IU	839	Sat. Fat	3.45 %	<10.00%																																						
Vitamin C	15.00 Mg	11.43																																									

Free and reduced price meal applications are available at all school sites and our website, and can be submitted any time during the school year. One application is needed per household, listing all children. Children approved for free or reduced priced meals are entitled to one breakfast and one lunch every school day.



Parents: Milk is offered with breakfast and lunch as part of the meal. We understand that some children have specific allergies to dairy products or are lactose intolerant. The students are not required to take the milk, however, we must offer milk or a non-dairy substitution that meets specific guidelines by USDA for calcium, protein, vitamins A and D, and other essential nutrients. Students may choose to take soy milk as a substitute for our regular milk. For all students who have a doctor's note filed with the district, soy milk will be the only substitution that we will offer as part of the meal plan at no charge; juice and water are available for purchase for \$.75.

## "Fruit of the Month"

The grape is one of the oldest fruits to be cultivated. Spanish explorers introduced the fruit to America approximately 300 years ago. Some of the most popular ways in which the fruit is used, is eaten fresh, in preserves or canned in jellies, dried into raisins, and crushed for juice or wine. Although, machines have taken the place of much handwork, table grapes are still harvested by hand in many places.

Grapes are about 80 percent water, making them a delectable low-calorie snack or dessert. Grapes also add fiber to the diet and are naturally low in sodium. Raisins, or dried grapes, contain only about 15 percent water. For this reason, nutrients and calories are more concentrated in raisins-one cup contains 464 calories! Like other dried fruit, raisins are a good source of iron.



Parents: Please remember to put money in your child's account at school. Charges for the main entrees are limited to 2 breakfasts and 2 lunches. A cold breakfast and lunch will be charged to the student after they reach their charge limit. Please note student's name(s) on checks when prepaying. Thank you for your cooperation.

### MEAL PRICES

Breakfast	\$1.50	Reduced Price Breakfast	\$.30
Lunch	\$2.75	Reduced Price Lunch	\$.40
Each breakfast and lunch includes choice of 1/2 pint milk, (nonfat, 1% or nonfat chocolate, or soy milk)			
1/2 Pt. Milk	\$.50	1/2 Pt. Orange/Apple Juice	\$.75
A second chance breakfast is available during recess. Bottled water is available for sale.			
Small (8 oz.)	\$.50	Large (16.5 oz.)	\$.75

MENU SUBJECT TO CHANGE WITHOUT NOTICE