


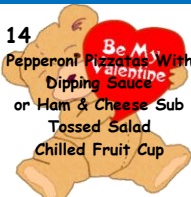




# Elementary School Lunches

## February 2012

### Black History Month



| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| <b>FEBRUARY 2 - Groundhog Day</b><br><b>FEBRUARY 14 - Valentine's Day</b><br><b>FEBRUARY 20 - President's Day</b> |  | <b>1</b><br>Hot Dog on a Bun or Deli Sub<br>Oven Fries<br>Chilled Fruit Cup  | <b>2</b><br> Nacho Tacos With Meat Shredded Cheese & Lettuce<br>Or Turkey Sub<br>Corn<br>Chilled Fruit Cup | <b>3</b><br>Oven Baked Pizza or Tuna Sandwich<br>Tossed Salad<br>Chilled Fruit Cup    |
| <b>6</b><br>Crispy Chicken Nuggets Or PB&J Sandwich<br>Dinner Roll<br>Smile Potatoes<br>Chilled Fruit Cup         | <b>7</b><br>Mozzarella Stix with Dipping Sauce<br>or Ham & Cheese Sub<br>Tossed Salad<br>Chilled Fruit Cup   | <b>8</b><br>Hamburger on a Bun or Deli Sub<br>Oven Fries<br>Chilled Fruit Cup  | <b>9</b><br>BBQ Rib Sandwich or Turkey & Cheese Wrap<br>Steamed Vegetables<br>Chilled Fruit Cup   | <b>10</b><br>Oven Baked Pizza or Tuna Sandwich<br>Carrots Sticks<br>Chilled Fruit Cup |
| <b>13</b><br>Chicken Patty on a Bun or PB & J Sandwich<br>Potato Wedges<br>Chilled Fruit Cup                      | <b>14</b><br> Be a Valentine<br>Pepparoni Pizzatos With Dipping Sauce<br>or Ham & Cheese Sub<br>Tossed Salad<br>Chilled Fruit Cup | <b>15</b><br>French Toast Stix with Sausage or Yogurt, Fruit, & Cheese<br>Platter with Crackers<br>100% Juice<br>Chilled Fruit Cup | <b>16</b><br>Nacho Tacos With Meat Shredded Cheese & Lettuce<br>Or Turkey Sub<br>Corn<br>Chilled Fruit Cup  | <b>17</b><br>Oven Baked Pizza or Tuna Sandwich<br>Carrots Sticks<br>Chilled Fruit Cup |
| <b>20</b><br> NO SCHOOL         | <b>21</b><br> FAT TUESDAY<br>Cheese Steak Sandwich Or PB & sandwich<br>Oven Potatoes<br>Chilled Fruit Cup                       | <b>22</b><br>Grilled Cheese Sandwich or Chef Salad<br>Platter with Deli Meat<br>Carrot Sticks Chilled Fruit Cup                    | <b>23</b><br>Chicken Nuggets or Turkey & Cheese Wrap<br>Oven Fries<br>Dinner Roll<br>Chilled Fruit Cup  | <b>24</b><br>Oven Baked Pizza or Tuna Sandwich<br>Tossed Salad<br>Chilled Fruit Cup   |
| <b>27</b><br>Chicken Patty on a Bun or PB & J Sandwich<br>Smile Potatoes<br>Chilled Fruit Cup                     | <b>28</b><br>French Bread Pizza or Ham & Cheese Sub<br>Tossed Salad<br>Chilled Fruit Cup   | <b>29</b><br>Cheeseburger on a Bun or Deli Sub<br>Oven Fries<br>Chilled Fruit Cup<br><b>EARLY DISMISSAL</b>                        | <b>FEBRUARY 21 - Fat Tuesday/Mardi Gras</b><br><b>FEBRUARY 22 - Ash Wednesday</b><br><b>FEBRUARY 29 - Parent Conferences</b><br>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

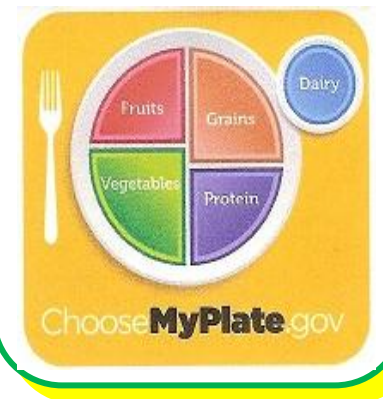
**MENU SUBJECT TO CHANGE**

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.

