

MCSS School Lunch Menu

February 2012

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|--|--|--|---|--|
| 30 | 31 | 1 | 2 | 3 |
| Cook's Choice | WW Grilled Cheese Sandwich Chicken Noodle Soup Cucumber Sticks Chilled Diced Pears | Fajita Chicken Nachos Santé Fe Rice w/Beans Seasoned Corn Fresh Apples | Cheese or hamburger w/bun Oven & Sweet Potato Fries Tossed Salad Mixed Fruit | SUGAR OUT DAY American Chop Suey Steamed Spinach Chilled Peaches Bread & Butter |
| Fruit and Veggie Bar | Fruit and Veggie Bar | Fruit and Veggie Bar | Fruit and Veggie Bar | Fruit and Veggie Bar |
| 6 | 7 | 8 | 9 | 10 |
| Chicken Burger on WW Roll BBQ Baked Beans Steamed Orange Squash Pineapple Tidbits | Chili w/Red Kidney Beans Steamed Brown Rice Crisp Corn Juicy Grapes | Cheese Quiche w/spinach or Egg & Cheese Omelet Orange Glazed Carrots Fresh Banana/ WW Biscuit | Rotini w/meat or marinara sauce Tossed Salad w/Romaine Chilled Pears WW Breadstick | Chicken Divan Steamed Broccoli Chilled Peaches WW Dinner Roll |
| Fruit and Veggie Bar | Fruit and Veggie Bar | Fruit and Veggie Bar | Fruit and Veggie Bar | Fruit and Veggie Bar |
| 13 | 14 | 15 | 16 | 17 |
| Pork Sloppy Joes w/bun Fluffy Brown Rice Winter Squash Mixed Fruit - Pears | <i>Valentine's Day</i> Diced Chicken w/gravy Mashed Potatoes Carrot and Raisin Salad Fresh Maine Apple | Beef Shepards Pie Steamed Corn/ WW Roll Tossed Salad w/Romaine Juicy Orange Wedges | Cheese or Hamburger w/bun New England Baked Beans Steamed Green Peas Red or Green Grapes | WW Cheese Pizza Oven & Sweet Potato Fries Garlic Green Beans Chilled Diced Peaches |
| Fruit and Veggie Bar | Fruit and Veggie Bar | Fruit and Veggie Bar | Fruit and Veggie Bar | Fruit and Veggie Bar |
| 20 | 21 | 22 | 23 | 24 |
| School Vacation Week! | | | | |
| 27 | 28 | 29 | 1 | 2 |
| Pizza Burger on WW/Roll Oven & Sweet Potato Fries Tossed Salad w/Romaine Mixed Fruit -Pears | Fajita Style Chicken Ww.Wrap w/ cheese, salsa, sour cream Refried Beans Fresh Orange Wedges | Corn Chowder w/ diced ham Crisp Steamed Broccoli WW Biscuits Chilled Diced Peaches | Baked Fish / WW Roll Potato Smiles Steamed Winter Squash Chilled Applesauce | Egg & Cheese Omelet Green Beans Strawberries WW Breadstick |
| Fruit and Veggie Bar | Fruit and Veggie Bar | Fruit and Veggie Bar | Fruit and Veggie Bar | Fruit and Veggie Bar |

A Low Fat or Skim Milk Variety is Served With Every Meal - Menu is Subject to Change