



### February 2012 – Lunch Menu

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#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

Did you know, every Monday is "Meatless Monday?" You will find more vegetarian options available every Monday!

Did you know, we offer hot sandwiches, salads, pizza, subs and wraps every day? Plus you can choose to "create your own" sub/wrap through our deli line."

1  
**May Choose 1 Entree**  
 Buffalo Chicken Sub  
  
**May Choose 2 sides**  
 Sweet Potatoes and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

2  
**May Choose 1 Entree**  
 Chicken Nuggets  
  
**May Choose 2 sides**  
 M. Potatoes w/gravy and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

3  
**May Choose 1 Entree**  
 Beef & Macaroni  
  
**May Choose 2 sides**  
 Peas and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

*Did you know, a hot breakfast meal and other breakfast options are available every day?*

6  
**May Choose 1 Entree**  
 Chicken Salad Sandwich  
  
**May Choose 2 sides**  
 Steamed Carrots and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

7  
**May Choose 1 Entree**  
 Chicken Tenders  
  
**May Choose 2 sides**  
 Tater Tots and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

8  
**May Choose 1 Entree**  
 Spaghetti w/meatballs  
  
**May Choose 2 sides**  
 Green Beans and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

9  
**May Choose 1 Entree**  
 Sweet & Sour Chicken  
  
**May Choose 2 sides**  
 Steamed WG Rice and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

10  
**May Choose 1 Entree**  
 Turkey Dog w/chili  
  
**May Choose 2 sides**  
 Macaroni & Cheese and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

*Did you know, a fit body equals a fit brain so be sure to exercise and make healthy eating choices?*

13  
**May Choose 1 Entree**  
 Baked Potato w/cheese  
  
**May Choose 2 sides**  
 Steamed Broccoli and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

14  
**May Choose 1 Entree**  
 Grilled Cheese Sandwich  
  
**May Choose 2 sides**  
 Tomato Soup and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

15  
**May Choose 1 Entree**  
 Beef & Macaroni w/roll  
  
**May Choose 2 sides**  
 Green Beans and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

16  
**May Choose 1 Entree**  
 Teriyaki Chicken  
  
**May Choose 2 sides**  
 Steamed WG Rice and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

17  
**May Choose 1 Entree**  
 Rib BBQ Sandwich  
  
**May Choose 2 sides**  
 Sweet Potatoes and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

*Did you know, all of our sandwiches & wraps are served on whole grain or wheat breads?*

20 **NO SCHOOL**  
  
*President's Day*

21  
**May Choose 1 Entree**  
 Abe's Roasted Chicken  
  
**May Choose 2 sides**  
 George's Warm Apple Slices and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

22  
**May Choose 1 Entree**  
 Fish Nuggets  
  
**May Choose 2 sides**  
 Macaroni & Cheese and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

23  
**May Choose 1 Entree**  
 Soft Beef Tacos  
  
**May Choose 2 sides**  
 Spanish Rice and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

24  
**May Choose 1 Entree**  
 Chili Soup w/peanut butter sandwich  
  
**May Choose 2 sides**  
 Tater Tots and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

*Did you know, you may be eligible for assistance with purchasing your school meal? See the office for details!*

27  
**May Choose 1 Entree**  
 Cheese Quesadilla  
  
**May Choose 2 sides**  
 Refried Beans and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

28  
**May Choose 1 Entree**  
 Chicken Stir Fry  
  
**May Choose 2 sides**  
 Steamed WG Rice and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

29  
**May Choose 1 Entree**  
 Fiesta Taco  
  
**May Choose 2 sides**  
 Mexicali Corn and/or Fresh Fruit & Veggies  
  
**May Choose 1 Milk**

**What's The Big Deal About Sodium?**  
 Sodium is a mineral that is part of table salt. Our bodies only need a small amount of sodium, but many Americans are consuming excessive amounts of sodium. Consuming too much sodium can be a problem because it can attract and hold water in the body. This causes an increase in blood volume that makes the heart work harder and thus increases blood pressure. Recent Dietary Guidelines encourage Americans to limit daily sodium intake to no more than 2,300 mg or the equivalent of about 1 teaspoon of salt. This amount of salt or sodium is not just what you add to food, but also includes what may be added at the table, in cooking, what is added to the foods we eat out or what may be naturally occurring in foods. More recent dietary recommendations are starting to encourage no more than 1500 mg of sodium, especially for those with high blood pressure or diabetes, which are diseases that even children are coping with today. Schools, restaurants, food manufacturers and families are all being encouraged to adjust food preparation techniques so we can all aim for a lower daily sodium intake.