

February Menu 2012

Date				Wednesday, February 1, 2012			Thursday, 2/2/2012			Friday, 2/2/2012					
	Menu	Carb	Cal	Menu	Carb	Cal	Menu	Carb	Cal	Menu	Carb	Cal			
Bfst							Cinn.Toast (AWW)	15		C.Flakes/Bran A	25		Fr Toast/Syrup A WW	40	
							M.Oranges	15		Raisins	15	60	OJ/AJ	15	60
							Milk			Milk			Milk		100
L							Tuna Noodle Cass.	35	205	Three Cheese Pizza	30	210	Beef, Macaroni, Tomato		
							Carrots	5	25	Peas	15		Casserolle	30	
							Apple Sauce	15	60	Pineapple Gelatin	20		Green Beans	5	
							Toss Salad	4	20	Toss Salad	4	20	Peaches	15	
							Asst Breads (A)	15	80	Asst. Desserts (A)	30	90			
							Milk			Milk			Toss Salad	4	
													Milk		
S							Banana	15		Granola Mix	20		Apple Slices	15	
							Milk		60	Pineapple Juice	15		Milk		
Date	Monday, February 06, 2012			Tuesday 2/7/2012			Wednesday 2/8/2012			Thursday 2/9/2012			Friday 2/10/2012		
	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal
Bfst	Bu. Cinn. Toast WW/A	15	80	Oatmeal	25		Bu. Toast/Jelly. (WWA)	15		Coff.Cake /A R. Bran	25		Tasty O's	25	175
	OJ/AJ	15	60	Peaches	15	60	OJ/AJ	15	60	Mandarin Oranges	15	60	Raisins	15	60
	Milk		100	Milk		100	Milk		100	Milk		100	Milk		100
L	Veget. Bean Chili	30		Fish Nuggets	5	80	Soft Shell Taco	15		Open Face R. Beef			Pepperoni Pizza	30	210
	1/2 Pimento Cheese Sand	20		Macaroni/Cheese	20		Cheese, Salsa			Over Bread/Gravy	30		Lima Beans	15	25
	1/2 Cheese Sd ©	15		Peas	15	25	Lett/Tom/S.Cream			Wh.Potatoes/Gravy	115		Peaches	15	60
	Pears	15		Apple Sauce	15	60	Refried Beans/Chips	30		Green Beans	15	25	Toss Salad	4	20
	Green Beans	5		Tartar Sauce	3		Carrots	15		Pears	15	60	Asst Dessert (A)	20	90
	Saltines	10		Milk			Pineapple Gelatin	20		Milk			Milk		
	Milk						Milk								
S	Gold Fish Crackers	15		Apple Slices	15		Yogurt	15		Banana	15		Poptart	15	
	Milk	15		Milk			Graham Crackers	15	60	Milk			Milk		
Date	Monday, February 13, 2012			Tuesday, February 14, 2012			Wednesday 2/15/2012			Thursday, February 16, 2012			Friday, February 17, 2012		
	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal
Bfst	Rice Krunchies	25		Wheat Bagel/Marg.	25	170	Bu.Toast/Jelly(w/w A)	25		Donut / A R. Bran	25	250	Oatmeal	25	
	Mandarin Oranges	15		Apple Sauce	15	60	Raisins	15	60	Mandarin Oranges	15		OJ/AJ	15	
	Milk			Milk			Milk		100	Milk			Milk		
L	Baked Potato Bar	15		Fish on Bun	42		Bacon Pizza	30	210	BBQ Ribettes	5		Cheeseburger		190
	Ham, Cheese Sauce	5		Tartar Sauce	5		Green Beans	5	25	Macaroni & Cheese	15		Bun	30	
	Broccoli, S. Cream	10		Tator Tots (8)	20		Pineapple Gelatin	20	90	Lima Beans	15		Lett./Tom/Pickle	2	50
	Peaches	15		Carrots	5		Toss Salad	4	20	Apple Sauce	15		French Fries	20	
	Bread (AWW)(CWhite)	15		Pears	15		Asst Cookies	25					Peaches	15	60
	Milk			Toss Salad	4		Milk			Milk			Mayo/Must/Cats.		20
				Milk									Milk		
S	Lorna Doones	15		Gold Fish Crackers	15		Banana	15	80	Soft Pretzel/Cheese	25		Apple Slices	15	80
	Milk			Milk	15		Milk			Milk			Milk		

Date	Monday, February 20, 2012			Tuesday, February 21, 2012			Wednesday, February 22, 2012			Thursday, February 23, 2012			Friday, February 24, 2012		
	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal
Bfst	C.Flakes/Bran A	25		Fr Toast/Syrup A WW	40		Oatmeal	25		Bu.Toast/Jelly(w/w A)	25		C.Flakes/Bran A	25	
	Raisins	15		OJ/AJ	15	60	Mandarin Oranges	15		Raisins	15	60	Diced Pears	15	
	Milk			Milk		100	Milk			Milk		100	Milk		
L	Spaghetti	100		Barley Soup	25		Enchilida Casserole	35		Navy Bean/ Ham Soup	15		Sweet/Sour Pork w/	30	
	Meat Sauce	35		BBQ Pork	5		Green Beans	5		Carrot Slices	30		Celery	15	25
	Lima Beans	25		on Bun	30		Cinnamon Apples	15		Peaches	15	60	Rice	15	
	Pears	20		Cole Slaw	10		Chips/Salsa	10		Corn Bread	15		Peas	15	
	Asst Breads	15		Peaches	15		Milk			Toss Salad		20	Apple Sauce	15	
	Toss Salad			Saltines	10					Milk			Toss Salad	4	
	Milk			Milk			Milk						Milk		
S	Granola Mix	20		Lorna Doones	15		Banana	15		Apple Slices	15	80	Yogurt	15	
	Pineapple Juice	15		Milk			Milk			Milk			Graham Crackers	15	60
Date	Monday, February 27, 2012			Tuesday, February 28, 2012			Wednesday February 29, 2012								
	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal
Bfst	Rice Krunchies	25		C.Flakes/Bran A	25		Oatmeal	15	100						
	Mandarin Oranges	15		Diced Pears	15		OJ/AJ	20	60						
	Milk			Milk			Milk								
L	Tomato Soup	25	90	Meat Lasagna	35		Scrambled Eggs		100						
	Grilled cheese	30	340	Lima Beans	15		Hash Browns	15							
	on Wheat (A)/White			Peaches	15		Cinnamon Apples	15							
	Green Beans	15	25	Toss Salad	4		Pancakes (2)/Syrup	40							
	Saltines	10	60	French Bread	15										
	Pears	15		Milk			Milk								
	Milk														
S	Pop Tart	15		Vanilla Wafers	15	80	Rice Krispie treat	18							
	Milk		100	Milk			Milk								