



Morning Max (Peanut Free) : February 2012



Full Student Breakfast Includes Choice of Entrée, Choice of Fruit Side Dish, and Choice of Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p><u>Choose One Entrée</u> Cheesy Scrambled Eggs Cereal w/ *Benefit Bar</p> <p>Apple Low Fat or Non Fat Milk</p>	<p>7</p> <p><u>Choose One Entrée</u> Maple Glazed Mini Pancakes Cereal w/ Light Mozzarella String Cheese</p> <p>100% Grape Juice Low Fat or Non Fat Milk</p>	<p>8</p> <p><u>Choose One Entrée</u> Cheesy Grits Cereal w/ *Mini Muffin</p> <p>Banana Low Fat or Non Fat Milk</p>	<p>9</p> <p><u>Choose One Entrée</u> Colby Cheese Omelet *Bagel w/ Jelly</p> <p>100% Apple Juice Low Fat or Non Fat Milk</p>	<p>10</p> <p><u>Choose One Entrée</u> Country Chicken Breakfast Sandwich Cereal w/ *Graham Cräckers</p> <p>Pear Low Fat or Non Fat Milk</p>
<p>13</p> <p>No Classes: Track R & E LINCOLN'S BIRTHDAY</p>	<p>14</p> <p><u>Choose One Entrée</u> Egg & Potato Breakfast Bowl Cereal w/ *Benefit Bar</p> <p>Apple Low Fat or Non Fat Milk</p>	<p>15</p> <p><u>Choose One Entrée</u> Turkey Ham & Cheese *Biscuit Breakfast Sandwich Cereal w/ Reduced Fat Cheddar Cheese Stick</p> <p>Pear Low Fat or Non Fat Milk</p>	<p>16</p> <p><u>Choose One Entrée</u> *Maple Oatmeal Cereal w/ <i>All Natural Fruit Flavored Yogurt</i></p> <p>100% Orange Juice Low Fat or Non Fat Milk</p>	<p>17</p> <p><u>Choose One Entrée</u> Egg & Cheese on an English Muffin *Homemade Oat Bar w/ Light Mozzarella String Cheese</p> <p>Banana Low Fat or Non Fat Milk</p>
<p>20</p> <p>No Classes: Track R & E PRESIDENT'S DAY</p>	<p>21</p> <p><u>Choose One Entrée</u> Cheesy Grits Cereal w/ *Mini Muffin</p> <p>100% Fruit Punch Low Fat or Non Fat Milk</p>	<p>22</p> <p><u>Choose One Entrée</u> Egg & Turkey Ham Breakfast Bowl *Bagel w/ Jelly</p> <p>Pear Low Fat or Non Fat Milk</p>	<p>23</p> <p><u>Choose One Entrée</u> Maple Glazed French Toast Sticks Cereal w/ Reduced Fat Cheddar Cheese Stick</p> <p>100% Apple Juice Low Fat or Non Fat Milk</p>	<p>24</p> <p><u>Choose One Entrée</u> Egg & Cheese on a *Bun Cereal w/ *Graham Crackers</p> <p>Banana Low Fat or Non Fat Milk</p>
<p>27</p> <p><u>Choose One Entrée</u> Maple Glazed Mini Pancakes Cereal w/ Light Mozzarella String Cheese</p> <p>Apple Low Fat or Non Fat Milk</p>	<p>28</p> <p><u>Choose One Entrée</u> Egg & Potato Breakfast Bowl Cereal w/ *Benefit Bar</p> <p>100% Grape Juice Low Fat or Non Fat Milk</p>	<p>29</p> <p><u>Choose One Entrée</u> *Cinnamon Oatmeal Cereal w/ Reduced Fat Cheddar Cheese Stick</p> <p>Pear Low Fat or Non Fat Milk</p>	<p>1</p> <p><u>Choose One Entrée</u> Cheesy Scrambled Eggs *Homemade Smart Bar w/ <i>All Natural Fruit Flavored Yogurt</i></p> <p>Banana Low Fat or Non Fat Milk</p>	<p>2</p> <p><u>Choose One Entrée</u> Country Chicken Biscuit Breakfast Sandwich Cereal w/ *Graham Crackers</p> <p>Apple Low Fat or Non Fat Milk</p>

Students must choose a minimum of 3 food items from the 4 food items offered. Students may decline up to 1 food item.

Assorted breakfast cereals are served throughout the month. Cereal choices may include: Kellogg's Corn Flakes, Special K, *Raisin Bran, Rice Krispies, *Frosted Mini Wheats, Crispex, *Kashi Heart to Heart, *Kashi Honey Sunshine, Organic Milling *Frosted Flakes, *Puffed Wheat, and *Strawberry Crispy Rice. Organic Milling cereals are produced in a facility with tree nuts. All meals are offered with a choice of milk. Milk choices include skim white or 1% white.

Menu items are labeled as "contains" or "may contain" peanuts or tree nuts as indicated on the ingredient label.

WHOLE GRAINS: An asterisk (*) denotes items on our menu that contain whole grains. We recognize the positive impact whole grains can make on the health of children. We strive to serve at least one whole grain everyday.

LOCAL: Bolded menu items indicate that they are locally sourced. This initiative is part of our continued commitment to the health & welfare of the students we serve. It is also an opportunity for us to contribute to the local community.

FOOD FOCUS: Low-Fat Yogurt
Low-fat yogurt is a good source of protein & an excellent source of calcium you need for strong bones & teeth. Try plain low-fat yogurt at home as a tasty topping for tacos & baked potatoes, instead of fatty sour cream. *Italicized items on the menu contain low-fat yogurt.*



Elementary Lunch : February 2012

Full Student Lunch Includes Choice of Entrée (Protein w/ Grain/Bread Accompaniment(s), Two (2) Vegetable/Fruit Side Dishes, and Choice of Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Choose One</u> 6 *Turkey Hot Dog Three Bean Chili w/ Cornbread (meatless) Turkey Ham & Cheese *Wrap Fiesta Salad over *Corn Chips (meatless)</p> <p><u>Choose Two</u> Tossed Romaine Salad Vegetable Medley Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 7 New Orleans Cajun Chicken over *Brown Rice Toasted Cheese Sandwich (meatless) *Peanut Butter & Jelly Sandwich (meatless)(contains nuts) Cobb Chef Salad w/ Croutons</p> <p><u>Choose Two</u> Broccoli Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 8 *Cheese Pizza (meatless) *Turkey Sausage Pizza Turkey & Cheese on a *Bun BBQ Chicken Salad w/ *Dinner Roll</p> <p><u>Choose Two</u> Peas & Carrots Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 9 Sloppy Joe on a *Bun Chicken Corn Dog *Turkey Salami & Cheese Sandwich Garden Veggie Chef Salad w/ Croutons (meatless)</p> <p><u>Choose Two</u> Oven Baked Potato Rounds Green Beans Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 10 Baked Bone-In Chicken w/ *Dinner Roll Fish & Cheese on a *Bun (meatless) Italian *Sub Hummus w/ Pita Chips (meatless)</p> <p><u>Choose Two</u> Southern Style Beans Roasted Zucchini & Squash Assorted Fresh Fruit & Cupped Fruit Complimentary Lemon Pound Cake</p>
<p>No Classes: Track R & E 13 LINCOLN'S BIRTHDAY</p>	<p><u>Choose One</u> 14 Turkey Pasta Bake w/ *Rotini Noodles *Cheese Quesadilla w/ Salsa (meatless) *Peanut Butter & Jelly Sandwich (meatless)(contains nuts) *Antipasto Pasta Salad w/ Turkey Ham</p> <p><u>Choose Two</u> Broccoli Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 15 Beef Taco Salad w/ Lettuce & Tomatoes over *Corn Chips Fish Sticks w/ *Dinner Roll (meatless) *Turkey Ham & Cheese Sandwich Tuna Chef Salad w/ Crackers (meatless)</p> <p><u>Choose Two</u> Refried Beans Corn on the Cob Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 16 *Cheese Pizza (meatless) *Turkey Sausage Pizza Turkey Salami & Cheese *Wrap Chicken Caesar Salad w/ Croutons</p> <p><u>Choose Two</u> Tossed Spinach Salad Mixed Vegetables Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 17 Asian Chicken Drumstick w/ *Asian Brown Rice Hot Turkey Ham & Cheese Bagel Sandwich Italian *Sub Popcorn Shrimp Chef Salad w/ *Dinner Roll (meatless)</p> <p><u>Choose Two</u> Orange Glazed Carrots Assorted Fresh Fruit & Cupped Fruit Complimentary Apple Bread (may contain traces of nuts)</p>
<p>No Classes: Track R & E 20 PRESIDENT'S DAY</p>	<p><u>Choose One</u> 21 *Spaghetti w/ Meatballs *Toasted Cheese Sandwich (meatless) *Peanut Butter & Jelly Sandwich (meatless)(contains nuts) Cobb Chef Salad w/ Croutons</p> <p><u>Choose Two</u> Seasoned Spinach Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 22 *Cheese Pizza (meatless) *Turkey Sausage Pizza Turkey & Cheese on a *Bun BBQ Chicken Salad w/ *Dinner Roll</p> <p><u>Choose Two</u> Tossed Romaine Salad Corn Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 23 *Turkey Hot Dog BBQ Beef Rib on a *Bun *Turkey Salami & Cheese Sandwich Garden Veggie Chef Salad w/ Croutons (meatless)</p> <p><u>Choose Two</u> Vegetarian Baked Beans Squash Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 24 *Baked Fish Taco w/ Shredded Cabbage, Onion, & Cilantro (meatless) Baked Chicken Sticks w/ *Dinner Roll Italian *Sub Hummus w/ Pita Chips (meatless)</p> <p><u>Choose Two</u> Carrots Assorted Fresh Fruit & Cupped Fruit Complimentary Eat.Learn.Live. Sugar Cookie (may contain traces of nuts)</p>
<p><u>Choose One</u> 27 BBQ Turkey on a *Bun Beef Ravioli w/ *Toasted Garlic Bread Turkey & Cheese on a *Bun Garden Veggie Chef Salad w/ *Dinner Roll (meatless)</p> <p><u>Choose Two</u> Green Beans Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 28 *Beef Tacos w/ Lettuce & Tomatoes Bean Burrito w/ Salsa (meatless) *Peanut Butter & Jelly Sandwich (meatless)(contains nuts) *Antipasto Pasta Salad w/ Turkey Ham</p> <p><u>Choose Two</u> Southwest Black Bean Mexicali Corn Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 29 BBQ Chicken Drumstick w/ *Mac & Cheese Toasted Cheese Pizza Bagel (meatless) *Turkey Ham & Cheese Sandwich Tuna Chef Salad w/ Crackers (meatless)</p> <p><u>Choose Two</u> Seasoned Collards Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 1 *Cheese Pizza (meatless) *Turkey Sausage Pizza Turkey Salami & Cheese *Wrap Chicken Caesar Salad w/ Croutons</p> <p><u>Choose Two</u> Peas & Carrots Assorted Fresh Fruit & Cupped Fruit</p>	<p><u>Choose One</u> 2 *Tuna Casserole (meatless) *Turkey Hot Dog Italian *Sub Popcorn Shrimp Chef Salad w/ *Dinner Roll (meatless)</p> <p><u>Choose Two</u> Broccoli Assorted Fresh Fruit & Cupped Fruit Complimentary Apple Bread (may contain traces of nuts)</p>

Students must choose a minimum of 3 food items from the 5 food items offered. Students may decline up to 2 food items.

Daily fresh fruit selection may include pears, bananas, oranges, and apples. Daily cupped fruit may include pears, peaches, applesauce, sliced apples, apricots, or mixed fruit. All meals are offered with a choice of milk. Milk choices include skim white, 1% white, or skim chocolate. Schools with salad bars will not serve the entrée salad. Menu items are labeled as "contains" or "may contain" peanuts or tree nuts as indicated on the ingredient label.

This Menu Meets the Healthier US School Challenge Gold Standard!

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DID YOU KNOW...
We have a new website where you can access all of our menus each month!
Visit us at: cpsmeals.org