

February

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
USD 368 PAOLA February 2012	ELEMENTARY LUNCH	¹ ASIAN CHICKEN VEGETABLE FRIED RICE (BR MULTI GRAIN HARD ROLL GARDEN SALAD GREEN BEANS PEARS MILK ELEMENTRY Alt veg Winter Mix fruit strawb/banana cup	² CHICKEN PATTY / BUN OVEN FRENCH FRIES MIXED VEGETABLES ORANGE WEDGES MILK ELEMENTRY Alt veg celery& carrots, fruit peach slices	³ TURKEY FRITTER/ BUN OVEN FRENCH FRIES PEAS SPICY APPLES MILK ELEMENTRY Alt veg &fruit cook's choice	Cal 628 T.Fat 14.99 G S.Fat 5.0 G Chol 70.6 Mg Sodm 798.30 Mg Carb 105.05 G
⁶ MAC & CHEESE/2 Turkey Sticks HOT ROLLS SPINACH GARDEN SALAD PEAS & CARROTS PEACH SLICES MILK ELEMENTRY Alt veg cauliflower,	⁷ CHICKEN NUGGETS TORTILLA ,LETTUCE & TOMATO WW HOT ROLL MIXED VEGETABLES PINEAPPLE RINGS MILK ELEMENTRY Alt veg celery&cucumber, fruit fruit cocktail	⁸ CHICKEN STRIP RANCH CUTS CARROTS Bread -Multi-Grains roll PEARS MILK ELEMENTRY Alt veg fresh cauliflower, fruit jello/fruit	⁹ TACO SALAD Chips,lettuce, tomato &cheese CINN TOP HARD ROLL BLACK BEAN CORN SALSA ORANGE WEDGES MILK ELEMENTRY Alt veg peas, fruit peach half	¹⁰ CHEESE PIZZA / pepperoni OVEN FRENCH FRIES BROCCOLI FRUIT N PUDDING MILK ELEMENTRY Alt veg & fruit cook's choice	Cal 649 T.Fat 15.45 G S.Fat 5.3 G Chol 32.5 Mg Sodm 817.82 Mg Carb 103.48 G
¹³ HAM AND CHEESE STROMBOLI POTATO CRISS CUT Bread -Multi-Grains roll BROCCOLI,raw ICE JUICEE MILK ELEMENTRY Alt veg carrot coins, fruit orange wedges	¹⁴ PANTHER RIB/ BUN RANCH CUTS GREEN BEANS APPLE WEDGES MILK ELEMENTRY Alt veg celery&cucumber sl., fruit fruit cocktail VALENTINE COOKIE	¹⁵ PIG-N-BLANKET OVEN FRIES CORN STRAWBERRY BANANA CUP MILK ELEMENTRY Alt veg peas&carrots, fruit pear half	¹⁶ CHILI / crackers CINN ROLL BABY CARROTS, PEACH SLICES MILK ELEMENTRY Alt veg broccoli, fruit pineapple tidbits	¹⁷ CRISPITO & CHEESE SAUCE POTATO TOTS CORNMEAL ROLLS CALIFORNIA MIX VEG SPICY APPLES MILK ELEMENTRY Alt veg & fruit cook's choice	Cal 578 T.Fat 9.07 G S.Fat 2.9 G Chol 26.5 Mg Sodm 491.04 Mg Carb 109.57 G
²⁰ NO SCHOOL	²¹ CHICKEN FAJITA WRAP HOT ROLLS MIXED VEGETABLES PEACH SLICES MILK ELEMENTRY Alt veg celery &cucumber sl, fruit orange wedge	²² Italian Pasta Bake GARDEN SALAD WINTER MIX VEG herb BREAD STICK APPLE CRISP MILK ELEMENTRY Alt veg baby carrots, fruit pineapple tidbits	²³ CHICKEN PATTY CURLY POTATO FRIES HOT ROLLS BROCCOLI PEACH SLICES MILK ELEMENTRY Alt veg baked beans, fruit cocktail	²⁴ CHEESE PIZZA POTATO CRISS CUT GREEN BEANS CHERRIES MILK ELEMENTRY Alt veg & fruit cook's choce	Cal 537 T.Fat 10.75 G S.Fat 3.7 G Chol 19.0 Mg Sodm 666.44 Mg Carb 93.54 G
²⁷ CORNDOG POTATO TOTS CALIFORNIA MIX VEG PEAR SLICES MILK ELEMENTRY Alt veg spinach salad, fruit apple wedges	²⁸ PANTHER RIB / BUN CURLY FRIES GREEN BEANS APPLE SAUCE MILK ELEMENTRY Alt veg mixed veg., fruit orange wedges	²⁹ BBQ BEEF / bun CRISS CUT potatoes BAKED BEANS STRAWBERRY BANANA CUP MILK ELEMENTRY Alt veg fresh broccoli, fruit pineapple tidbits			Cal 475 T.Fat 6.39 G S.Fat 2.6 G Chol 11.2 Mg Sodm 449.59 Mg Carb 90.75 G