

FEBRUARY 2012 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Vegetable Beef Barley Soup, Whole Wheat Breadstick and Fresh Pear Slices	2 Grilled Chicken and Broccoli Whole Wheat Pizza with Nutty Bananas	3 Turkey Bacon, Lettuce and Tomato Sandwich on Whole Wheat Bread with Baked Sweet Potato Fries and Fruit
6 Lean Roast Beef on a Whole Wheat Bun with Lettuce and Tomato and Kiwi Slices	7 Grilled Chicken Breast on Fresh Mixed Green Salad, Whole Wheat Bread Stick and Fresh Orange Segments	8 Bean Burrito with Mild Salsa, Fresh Green Peas and Grape Slices	9 Whole Wheat French Toast Sticks with Dipping Syrup, Turkey Sausage with Fresh Strawberries & Bananas	10 Lean Ground Beef in Marinara Sauce over Multi-Grain Pasta, Fresh Steamed Squash and Fresh Pineapple Chunks
13 Oven Roasted Turkey in Whole Wheat Wrap with Fresh Baby Spinach, Fresh Tri-Color Pepper Strips and Apple Slices	14 Lean Ground Beef and Bean Chili, Sprinkled with 2% Cheese, Whole Wheat Roll, Slices of Fresh Cucumber and Fresh Mandarin Orange	15 Oven Roasted Chicken Drumstick, Fresh Steamed Green Beans, Whole Wheat Breadstick and Kiwi Slices	16 Lean Shredded Beef on Whole Wheat Bun, Fresh Confetti Cole Slaw and Pink Lady Apple Slices	17 2% Milk Cheese Quesadilla on Whole Wheat Tortilla, Fresh Steamed Asparagus and Fresh Strawberry Slices
20 Grilled Chicken Breast on Whole Wheat Bun with Lettuce & Tomato, Fresh Grape Slices	21 Fresh Vegetable and Lentil Soup with Whole Wheat Roll and Fresh Strawberry Slices	22 Lean Yankee Pot Roast, Fresh Potatoes and Carrots and Fresh Orange Segments	23 Whole Wheat Pasta Bake with 2% Milk Cheese, Fresh Steamed Broccoli and Fresh Nutty Bananas	24 Lean Beef Tips, Brown Rice with Stir Fry Vegetables and Fresh Mango Slices
27 Fresh Ground Turkey in Marinara Sauce with Multi-Grain Pasta, Fresh Cauliflower and Fresh Apple Slices	28 Fresh Vegetable Stir-Fry with Tofu and Fresh Kiwi Slices	29 Lean Ground Beef Meatloaf, Fresh Snap-Peas and Mixed Fresh Fruit Medley		