



Douglas County School Nutrition
FEBRUARY MIDDLE SCHOOL LUNCH MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU SELECTIONS
		2/1/2012	2/2/2012	2/3/2012	Choose 1 Entrée Traditional/Contemporary Salad/Sandwich Choose up to 3 Fruit/Veggies Salads: up to 2 fruit only
Middle Lunch: \$1.75 Full price students \$0.40 Reduced price students \$2.80 Adults		1.Chicken & Rice Casserole 2.Fish Sandwich 3.Salad:Tuna, Veggie, Fruit 4.Sandwich: PBJ, Tuna	1. Meatloaf w/roll 2. Pizza 3. Salad: Fruit, Caesar, Veggie 4. Sandwich: PBJ, Turkey	1.Spaghetti & Meatsauce w/roll 2.Chicken Bites 3.Salad:Tuna, Veggie, Fruit 4. Sandwich:Grilled Cheese	
		Winter Veggies Corn Mandarin Oranges Fresh Fruit/100% Fruit Juice Low Fat Milk Choice	Mashed Potatoes Veggie Fries Strawberry Cup Fresh Fruit/100% Fruit Juice Low Fat Milk Choice	Green Beans Garden Salad Baked Apples Fresh Fruit/100% Fruit Juice Low Fat Milk Choice	IMPORTANT DATES Student Holiday Feb 20-24
2/6/2012	2/7/2012	2/8/2012	2/9/2012	2/10/2012	Allergy Corner
1.Country Fried Steak&Gravy 2.Taco Wedges 3.Salad:Tuna, Veggie, Fruit 4.Sandwich: PBJ, Ham Mashed Potatoes Peas & Carrots Peach Cup Fresh Fruit/100% Fruit Juice Low Fat Milk Choice	1.Teriyaki Chicken 2.Hamburger/Cheeseburger 3.Salad:Fruit, Chef, Veggie 4.Sandwich: PBJ, Turkey Steamed Broccoli Seasoned Potato Stix Pineapple Tidbits Fresh Fruit/100% Fruit Juice Low Fat Milk Choice	1.Lasagna w/roll 2.Chicken Fillet Sandwich 3.Salad:Tuna, Veggie, Fruit 4.Sandwich: PBJ, Tuna Caesar Side Salad Potato Wedge Mixed Fruit Fresh Fruit/100% Fruit Juice Low Fat Milk Choice	1.Ham or Plain Mac&Cheese 2.Sloppy Joes 3.Salad:Fruit, Chef, Veggie 4.Sandwich: PBJ, Turkey Carrots & Dip Veggie Fries Chilled Pears Fresh Fruit/100% Fruit Juice Low Fat Milk Choice	1.Oven Fried Chicken 2.Turkey Noodle Soup w/Sandwich 3.Salad:Tuna, Veggie, Fruit 4.Sandwich: Grilled Cheese Baked Potato Corn on the Cob Strawberry Applesauce Fresh Fruit/100% Fruit Juice Low Fat Milk Choice	 Foods w/Soy Corn Dog, Fish Nuggets, Fresh Rolls, Bread, Buns, Pizza, Pastas, Chicken Patty , Filet, Tenders, Nuggets Nacho Chips, Recipes w/Margarine Cheese Sticks, Pizza Wedges, Tortillas, Cornbread, Brownie Hushpuppies, Brownies, Cake and Cinnamon Roll, Garden Burger
2/13/2012	2/14/2012	2/15/2012	2/16/2012	2/17/2012	 Foods w/Pork Jello, Pepperoni and Sausage Pizza, Rib B Q Sandwich, Ham & Cheese Stromboli, Ham Sandwich and Salad, BBQ Shredded Pork Sandwich, Strawberry & Cherry Applesauce (Flavored with Gelatin)
1.Chicken Parm w/noodles 2.Rib Patty Sandwich 3.Salad: Tuna, Veggie, Fruit 4.Sandwich: Grilled Cheese Corn on the Cob Caesar Side Salad Chilled Pears Fresh Fruit/100% Fruit Juice Low Fat Milk Choice	1. Chicken Chili 2. Hot Dog 3.Salad:Fruit, Chef, Veggie 4.Sandwich: PBJ, Turkey Cole Slaw Green Beans Cinnamon Apples Fresh Fruit/100% Fruit Juice Low Fat Milk Choice	1. Turkey & Cheese Stromboli 2.Pizza Dippers or Cheese Stix 3.Salad: Caesar, Veggie, Fruit 4.Sandwich:PBJ, Grilled Cheese Sweet Potato Tots English Peas Chilled Pineapple Fresh Fruit/100% Fruit Juice Low Fat Milk Choice	1.Chicken Fajitas 2.Beef or Cheese Nachos 3.Salad:Fruit, Chef, Veggie 4.Sandwich: Grilled Cheese Lettuce & Tomato Cup Refried Beans Mixed Fruit Fresh Fruit/100% Fruit Juice Low Fat Milk Choice	1.Turkey Tetrizzini 2.Fish Sandwich 3.Salad:Tuna, Veggie, Fruit 4.Sandwich: PBJ, Turkey Broccoli & Cheese French Fries Peach Cup Fresh Fruit/100% Fruit Juice Low Fat Milk Choice	
2/20/2012	2/21/2012	2/22/2012	2/23/2012	2/24/2012	Burgers, hot dogs, & sandwiches served on whole grain bread

Student Holidays...No School

2/27/2012	2/28/2012	2/29/2012		
1.Meatball Sub 2.Pizza Dipper or Cheese Stix 3.Salad: Tuna, Veggie, Fruit 4.Sandwich: PB&J, Ham Tator Tots/Mixed Veggies Chilled Pears/Fresh Fruit Milk & Juice Choice	1.BBQ Pork w/roll or Sandwich 2.Fish Sticks & Hushpuppies 3.Salad:Fruit, Chef, Veggie 4.Sandwich: PBJ, Tuna Deli Roasters/Cole Slaw S'berry Applesauce/Fresh Fruit Milk & Juice Choice	1.Chicken & Rice Casserole 2.Corndog 3.Salad:Tuna, Veggie, Fruit 4.Sandwich: PBJ, Tuna Winter Veggies/Corn Mandarin Oranges/Fresh Fruit Milk & Juice Choice		

"This institution is an equal opportunity provider." *Menu subject to change based on product availability.

ParentOnline.net

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