












**Washington Drive  
February 2012**

# CAFÉ MENU

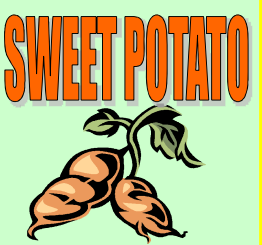
Mon	Tue	Wed	Thu	Fri
ALTERNATE LUNCH MON- HAMBURGER TUES - PIZZA WED- GRILLED CHEESE THUR- HOT DOG FRI- PASTA	SANDWICHES OFFERED DAILY TUNA SALAD TURKEY SALAMI HAM CHEESE PBJ	1 TWIN TURKEY TACOS hard or soft shell lettuce, tomato, cheese Chilled Peaches Choice of milk	2 BURGER/CHEESEBURGER on a Whole wheat Bun Sweet potato puffs Cup of Pears Choice of milk	PIZZA/CHEESE/PEPPERONI or pasta w/ marinara sauce Salad Cup  Fresh Crisp Red Apple  Choice of milk
6 CHICKEN NUGGETS with or without dipping sauce steamed green beans Chilled pears Choice of milk	BRUNCH FOR LUNCH french toast sticks with ham slice vegetable sticks Mixed Fruit Cup Choice of milk	8 ITALIAN FEAST pasta with meatballs Slice ww bread Tossed Salad Cup Orange Smiles :)  Choice of milk	9 TURKEY WITH GRAVY with Creamy Whipped Potatoes- Green Beans Chilled Peach Cup Choice of milk 	10 PIZZA/CHEESE/PEPPERONI or pasta w/ marinara sauce Vegetable Sticks Fresh Crisp Red Apple Choice of milk
13 CHICKEN NUGGETS with dipping sauce slice ww bread Steamed Green Beans Peach Cup  Choice of milk	14 GRILLED CHEESE ON WW SERVED WITH Turkey Vegetable Soup Carrot Coins Chilled Pears Choice of milk 	15 MOZZARELLA CHEESE sticks w/marinara Slice ww bread Corn Niblets Chilled Fruit Cup Choice of milk 	16 GRILLED CHICKEN PATTY On a ww Bun Lettuce & Tomato Fresh Veggie Sticks Strawberry Cup Choice of milk	17 PIZZA/CHEESE/PEPPERONI or pasta w/ marinara sauce Salad Cup  Fresh Crisp Red Apple 
PRESIDENT'S DAY	<h1>MID-WINTER RECESS</h1>			
27 CHICKEN NUGGETS with dipping sauce or Steamed green beans chilled applesauce Choice of milk	28 MOZZ. CHEESE STICKS marinara sauce slice of ww bread Garden Salad Chilled Fruit Cup Choice of milk	29 BAKED CHICKEN with whole grain Brown rice or golden corn strawberry cup Choice of milk		

Student Lunch- 2.05  
Reduced Lunch- .25

Please register at MyNutrikids.com to make prepayments, check balances and transaction history. Look on our District website under "LunchMenus" for more details.

According to nutritionists at The Center for Science in Public Interest, the single most dietary change, including children, would be to replace fatty foods with rich in complex carbs, such as Sweet Potatoes. Points were given for dietary Fiber, naturally occurring sugars, Protein and Vitamins!!!!

**Vegetable of the Month**



ANY QUESTIONS PLEASE CALL  
Bernadette at 754-5592  
EXTENSION 639