

LUNCH FEBRUARY 2012

HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> <p>School Information: FRUIT IS SERVED DAILY ON SALAD BAR</p> </div>		OVEN ROASTED CHICKEN 1 MASHED POTATOES GRAVY WHEAT ROLL MILK	MAC AND CHEESE 2 GREEN BEANS SLICED BREAD STRAWBERRIES SHORTCAKE MILK	ST CR PIZZA 3 CORN FRUIT MILK
CHICKEN FAJITA W CHEESE 6 REFRIED BEANS SALSA FRUIT MILK	WALKING TACO 7 W CHEESE CORN LETTUCE SALSA CRISP MILK	CHICKEN STRIPS 8 MASHED POTATOES GRAVY WHEAT ROLL FRUIT MILK	SPAGHETTI 9 GREEN BEANS GARLIC TOAST FRUIT MILK	NO SCHOOL 10 PROFESSIONAL DAY
CHICKEN NUGGETS 13 FRIES GRAVY SLICED BREAD FRUIT MILK	MINI CORN DOGS 14 BAKED BEANS CATSUP/MUSTARD FRUIT AND CAKE	HOT TURKEY SANDWICH 15 MASHED POTATOES GRAVY FRUIT MILK	BACON CHEESEBURGER 16 CHIPS PICKLES/LETT//TOM FRUIT ICE CREAM MILK	ST CR PIZZA 17 BROCCOLI AND CHEESE FRUIT MILK
NO SCHOOL 20 PRESIDENTS DAY SNOW DAY	CRISPITO W CHEESE 21 REFRIED BEANS FRUIT MILK	CHICKEN STRIPS 22 MASHED POTATOES GRAVY FRUIT SLICED BREAD MILK	CHILI 23 CINNAMOM ROLL CRACKERS FRUIT MILK	MAXX STICKS 24 W DIPPING SAUCE GREEN BEANS FRUIT MILK
CHICKEN AND NOODLES 27 GREEN BEANS SLICED BREAD FRUIT MILK	CHILI CHEESE NACHOS 28 REFRIED BEANS SALSA FRUIT MILK	STEAK FINGERS 29 MASHED POTATOES GRAVY WHEAT ROLL FRUIT MILK		USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.²
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

FOOD SERVICE MANAGER: KIM DAVIS 918-786-3003 EXT:1123
 FSM ASST., FOOD ALLERGIES & SPEC. DIETS: KATHIE HANNA
 918-786-3003 EXT:1123
 HEADCOOK QUNNAH DICK 918-786-3003 EXT 1013