

LUNCH FEBRUARY 2012

MID SCHOOL AND UE

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>		HAM AND CHEESE SAND 1 CHIPS SLICED PICKLES COOKIES MILK	HOT BEEF SANDWICH 2 MASHED POTATOES GRAVY FRUIT MILK MILK	ST CR PIZZA 3 CORN FRUIT MILK
CHICKEN FAJITA W 6 CHEESE REFRIED BEANS SALSA FRUIT MILK	CRISPITO W CHEESE 7 CORN APPLE CRISP MILK	CHEESEBURGER 8 CHIPS MAYO/PICKLES/LETTUCE MILK	OVEN ROASTED CHICKEN 9 MASHED POTATOES GRAVY WHEAT ROLL FRUIT MILK	NO SCHOOL 10 PROFESSIONAL DAY
CHICKEN STRIPS 13 MASHED POTATOES GRAVY SLICED BREAD FRUIT MILK	MINI CORN DOGS 14 TRI TATOR CATSUP/MUSTARD FRUIT AND CAKE	BBQ ON A BUN 15 CHIPS PICKLE SPEARS FRUIT MILK	CHICKEN AND NOODLES 16 PEAS WHEAT ROLL FRUIT MILK	PIZZA 17 CORN FRUIT MILK
NO SCHOOL 20 PRESIDENTS DAY SNOW DAY	CHICKEN STRIPS 21 OVEN FRIES SLICED BREAD MAYO/ CATSUP MILK	HAMBURGER 22 CHIPS PICKLES/LETTUCE/MUSTARD COOKIE MILK	SPAGHETTI 23 GREEN BEANS GARLIC BREAD FRUIT MILK	MAXX STICKS 24 W DIPPING SAUCE GLAZED CARROTS FRUIT ICE CREAM MILK
LIL SMOKIES W BBQ 27 SAUCE BAKED BEANS SLICED BREAD FRUIT MILK	WALKING TACO W 28 CHEESE LETTUCE/ SALSA CORN FRUIT MILK	CHICKEN PATTY ON A B 29 CHIPS PICKLES/LETTUCE/MAYO 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 UE: CHERYL MOORE 918-786-3003 EXT: 1309
 HEAD COOK MS: DARLENE JOHNON 918-786-3003 EX 1123