

Elementary \$2.20/\$11.00 a week  
Middle & High School \$2.70/\$13.50 a week

# FEBRUARY 2012



MENU  
Plymouth

Menu is subject to change. This institution is an equal opportunity provider.

Mon	Tue	Wed	Thu	Fri
		1 <u>Turkey Sub Sandwich w/ lettuce and Cheese</u> Baked Chips Fresh Veggie Tray w/Dip** Strawberries Frozen Fruit Bar	2 <u>Ham Dinner</u> Gravy over Whipped Potatoes Green Beans Applesauce & Bananas** Dinner Roll	3 <b>"Super Bowl Tailgate"</b> <u>Cheeseburger or Hamburger on Bun</u> "Don't Pass" Potato Salad "Bangin'" Baked Beans "Touchdown" Tropical Fruit "Jammint" Jello Cup
6 <u>Chicken Patty on a Bun</u> Au gratin Potatoes Cooked Carrots Pears Apple Wedges	7 <u>Cheeseburger Macaroni w/ a Breadstick</u> Garden Salad w/ Spinach Mixed Vegetables Peaches Chocolate Pudding	8 <u>Breakfast Sandwich</u> Tri Tator Green Beans Warm Apples 100% Fruit Punch Cup	9 <u>Beef Teriyaki Bites</u> Teriyaki Rice Stir Fry Vegetables Chilled Pineapple Fortune Cookie	10 <u>Cheese Pizza</u> Italian or Tossed Salad Cheesy Cauliflower Mandarin Oranges Graham Cookie
13 <u>Slappy Joe or PBJ</u> Baked Chips Fresh Veggie Tray w/Dip** Baked Beans Pears	14 <b>"Valentines Day Special"</b> Chicken "Heart" Nuggets "Smiley Face" Potatoes "Sweet" Peas Strawberries Heart Shaped Cookie	15 <u>Early Release</u> <u>Grab and Go Lunch</u> PBJ Uncrustable or Turkey/Cheese Sandwich, applesauce cup, baby carrots, and a treat for February Birthdays	16 <u>Salisbury Steak w/ Gravy (over)</u> Whipped Potatoes Corn Peaches & Bananas** Dinner Rolls	17 <u>Mini Corn Dogs</u> Sweet Potatoes Broccoli** Applesauce Rice Krispie Treat
20 <u>Grilled Chicken Sandwich</u> Ranch Wedges Seven Layer Salad Mixed Fruit Raisins	21 <u>Macho Nachos w/lettuce &amp; salsa</u> Mexican Rice & Refried Beans Mixed Vegetables Mandarin Oranges Fresh Pears	22 <u>French Toast Sticks w/Sausage</u> Cheesy Hashbrowns Celery w/ Peanut Butter Warm Apples 100% Orange Juice Cup	23 <u>Chicken Strips</u> Seasoned Rice Cooked Carrots Pineapple Banana Pudding**	24 <u>Mozzarella Dippers w/ Sauce</u> Garlic Pasta Italian or Tossed Salad California Blend** Apple Wedges
27 <u>BBQ Rib Sandwich or PBJ</u> Dill Pickle Spears** Oven Baked French Fries Corn Mandarin Oranges Trail Mix	28 <u>Softshell Chicken Taco w/ lettuce &amp; salsa</u> Mexican Rice & Refried Beans Mixed Vegetables Peaches Cinnamon Teddy Grahams	29 <u>Spaghetti &amp; Meatsauce or Plain Sauce (over)</u> Penne Pasta Tubes w/ a Breadstick Italian or Tossed Salad Vegetable Blend Pears Orange Wedges	<p align="center"><b>"Healthful" News</b></p> <p><u>-**New—"Harvest of the Month":</u> We will feature a fruit and vegetable each month. (Feb.= Broccoli** &amp; Bananas**) <u>-We will continue to offer well balanced meals including:</u> whole grain breads, low-fat entrées and side dishes, and a variety of fresh and/or frozen fruits and vegetables daily.</p>	

**\*\*"AVAILABLE EVERYDAY":** *Grab 'n Go (Bag) Lunch—PBJ or Turkey/Cheese Sandwich, Fruit Cup, Baby Carrots, and a treat. (Elementary Teachers will take a separate count for "Grab 'n Go (Bag) Lunches".)*

**\*\*A Peanut Butter and Jelly Sandwich is offered as an alternative entrée every day (with "hot" menu items).**

**\*\*All meals include a choice of milk.**