



February 2012

MONDAY	TUESDAY	WEDNESDAY 1st	THURSDAY 2nd	FRIDAY 3rd
		Pita Pizza Or Grilled Turkey Cheese Sandwich Roasted Brussels Sprouts	(DF) Baked Ham Or Egg Salad Sandwich Cheesy Cauliflower Soup	Chicken Nachos Or Chicken Taco Black Bean Soup
MONDAY 6th	TUESDAY 7th	WEDNESDAY 8th	THURSDAY 9th	FRIDAY 10th
(DF) Turkey Dog's Or Hummus ,carrot, and cabbage wrap Corned Beef and Cabbage Soup	(DF) Rotini Pasta Bolognese Or Turkey & Cheese Sub Roasted Zucchini	French Bread Pizza Or Vegetable- Quinoa Wrap Spaghetti Squash	(DF) Chicken Gyro Or Vegetable Gyro Greek Salad	Grilled Cheese Or Cobb Wrap Tomato Basil Soup
MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th	THURSDAY 16th	FRIDAY 17th
(DF) Barbequed Chicken Sandwich Or Turkey Cheese on Wheat Green Beans	Meat Lasagna Or Cheese Lasagna Roasted Carrots	(DF) Hot Turkey Sandwich Or Chicken Caesar Wrap Mashed Potatoes with Gravy	Chicken Ala King Or Ham & Cheese Sandwich Roasted Cauliflower	(DF) Sloppy Joe's Or Baked Turkey Pita Melt Bulger Parsley Salad

MONDAY 20th	TUESDAY 21st	ASH WEDNESDAY 22nd	THURSDAY 23rd	FRIDAY 24th
(DF) NO SCHOOL	Macaroni and Cheese Or Chicken Noodle Soup Steamed Corn	(DF) Waffles With Strawberries And Sausage Fresh Fruit	(DF) Baked Chicken Wings Or Beef Stew Potato Bar	Cheese Quesadilla Or Fish Taco Red Beans and Rice
MONDAY 27th	TUESDAY 28th	WEDNESDAY 29th		
(DF) Pulled Pork Sandwich Or Ham and cheese Wrap Braised Cabbage	(DF) Chicken Cacciatore with Rotini Noodles Or Italian Sub Steamed Broccoli	French Bread Pizza Or Turkey Cheese on Wheat Wild Rice Medley		
Every Day	Every Day	Every Day	Every Day	Every Day
Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread

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