

Lunch Menu
Ages 12-Over

2/02/09-2/27/09

Monday	Tuesday	Wednesday	Thursday	Friday
<p>02 Chicken Fajitas 3oz with green & red bell pepper, onions and tomatoes 1oz White Rice 6oz Steam Broccoli 6oz Fresh Orange 6oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>03 Barbecue chicken wings 3oz Macaroni & Cheese 6oz Steam Cauliflower 6oz Fresh Melon 6oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>04 Hamburger 4oz Hamburger bun 2oz French Fries 6oz Ketchup 2 packs Apple Juice 4oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>05 Ground Beef 3oz tomato sauce 1oz Spaghetti 6oz Dinner roll 1oz Tossed Salad 6oz Italian dressing ¼ oz Apple Juice 4oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>06 Cheese Pizza 5oz Green beans 6oz Orange Juice 4oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>
<p>09 Baked Chicken drumsticks 3oz Yellow Rice 6oz Green Peas 6oz Fresh Melon 6oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>10 Chicken Teri Yaqui 3oz White Rice 6oz Vegetable Medley 6oz Orange Juice 4oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>11 Chicken Hot Dogs 3oz Hot Dog roll 2oz French Fries 6oz Ketchup 2 packs Apple Juice 4oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>12 Meatballs 3oz Mashed Potatoes 6oz Tossed Salad 6oz Italian Dressing ¼ oz Fresh Banana 6oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>13 Breaded Chicken Nuggets 3oz (6each) Macaroni & Cheese 6oz Wheat bread 1oz Tossed Salad 6oz Apple Juice 4oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>
<p>16 PRESIDENTS DAY SCHOOLS CLOSED</p>	<p>17 Beef Stew 3oz Potatoes & Carrots in tomato sauce 1oz White Rice 6oz House Salad 6oz Fresh Apple 6oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>18 Hamburger 3oz Hamburger bun 2oz French Fries 6oz Ketchup 2 packs Apple Juice 4oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>19 Chicken Fajitas 3oz with green & red bell pepper, onions and tomatoes 1oz White Rice 6oz Steam Corn 6oz Fresh Banana 6oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>20 Cheese Pizza 5oz Steam Green beans 6oz Apple Juice 4oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>
<p>23 Grilled Chicken breast 3oz Yellow Rice 6oz Steam broccoli 6oz Fresh Orange 6oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>24 Barbecue chicken wings 3oz Macaroni & Cheese 6oz Steam Cauliflower 6oz Fresh Melon 6oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>25 Chicken Hot Dogs 2oz Hot Dog roll 2oz French Fries 6oz Ketchup 2 packs Apple Juice 4oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>26 Beef Ravioli 5oz Tomato sauce 1oz Caesar Salad 6oz Caesar dressing ¼ oz Banana 6oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>	<p>27 Cheese Pizza 5oz Steam Peas 6oz Pineapple Juice 8oz 8oz~ 2% White Milk 1% Chocolate & 1% Strawberry Milk</p>

Each Group of ages vary in oz (Group I) Ages 1-2 -meat or alternate 1oz, fruit 4oz or 4oz 100% Juice, vegetables 4oz, grains 4oz per day, milk 6oz. (Group II) Ages 3-4 - meat 1-1/2oz, fruit 4oz or 100% fruit juice, vegetables 4oz, grains 4oz per day, milk 6oz, dressing 2 packs (Group III) Ages 5-8 - meat 1-1/2 oz, fruit 4oz, 100% fruit juice, vegetables 4oz, milk 8oz, dressing 2 packs (Group IV) Ages 9-12 - meat 2oz, fruit 6oz or fruit juice 6oz, vegetables 6oz, milk 8oz or 8oz, 2 packs, (Group) 12 and over - meat 3oz or 5oz depending on the food the ounces vary, fruit 6oz or 100% fruit juice, vegetables 6oz, milk 8oz, dressing 2 packs.

Please keep in mind that the menu is subject to change and that we will be serving fruit and vegetables of the season.