



ELEMENTARY MENU 2010

Vitamins and minerals are substances that are found in foods we eat. Your body needs them to work properly so you grow and develop just like you should. When it comes to vitamins, each one has a special role to play. For example:

- * Vitamin D in milk helps your bones.
- * Vitamin A in carrots helps you see at night.
- * Vitamin C in oranges helps your body heal if you get a cut.
- * B Vitamins in leafy green vegetables help your body make protein and energy.

Breakfast: Paid....\$1.00 **Lunch:** Paid....\$1.75
 Reduced....\$.25 Reduced....\$.25
 Milk.....\$.35

Besides the Nathan's, Tyson, Dannon, Nardone, Mrs. Butterworth's, Kellogg's, Keebler, Smuckers, and others, our delicious Peanut Butter is back as a daily lunch choice!

BREAKFAST:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Feb Assd Kelloggs Cereal with Keebler High Fiber Graham Crackers 100% Juice Box Milk Choice	2-Feb Smuckers Individual Waffle Package Applesauce Cup Milk Choice	3-Feb Dannon Yogurt Cup with <i>Keebler Bug Bites Package</i> Orange Juice Cup Milk Choice	4-Feb Kellogg's Pop Tart Keebler High Fiber Graham Crackers Chilled Pears Milk Choice	5-Feb Assd Kelloggs Cereal with Keebler High Fiber Graham Crackers Orange Juice Cup Milk Choice
8-Feb Smuckers Individual Waffle Package Applesauce Cup Milk Choice	9-Feb <i>Dannon Yogurt Cup</i> with Keebler Bug Bites Package Orange Juice Cup Milk Choice	10-Feb Kellogg's Pop Tart Keebler High Fiber Graham Crackers Fruit or Juice Choice Milk Choice	11-Feb Assd Kelloggs Cereal with Keebler High Fiber Graham Crackers Fruit or Juice Choice Milk Choice	12-Feb Assd Kelloggs Cereal with Keebler High Fiber Graham Crackers Fruit or Juice Choice Milk Choice
15-Feb WINTER RECESS SCHOOLS CLOSED	16-Feb WINTER RECESS SCHOOLS CLOSED	17-Feb WINTER RECESS SCHOOLS CLOSED	18-Feb WINTER RECESS SCHOOLS CLOSED	19-Feb WINTER RECESS SCHOOLS CLOSED
22-Feb Assd Kelloggs Cereal with Keebler High Fiber Graham Crackers 100% Juice Box Milk Choice	23-Feb Assd Kelloggs Cereal with Keebler High Fiber Graham Crackers 100% Juice Box Milk Choice	24-Feb Smuckers Individual Waffle Package Applesauce Cup Milk Choice	25-Feb <i>Dannon Yogurt Cup</i> with <i>Keebler Bug Bites Package</i> Orange Juice Cup Milk Choice	26-Feb Kellogg's Pop Tart Keebler High Fiber Graham Crackers Chilled Pears Milk Choice

LUNCH:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Feb Golden Chicken Nuggets with Honey Dijon Dip Steamed Carrot Coins Mixed Fruit Cup Milk Choice	2-Feb Meatballs Italiano! on Hot Dog Bun Seasoned Spinach Pineapple Tidbits Milk Choice	3-Feb Deli Turkey Breaston Whole Wheat Bun with Mayonnaise Corn Nibbles Fresh Fruit Selection Milk Choice	4-Feb LUNCH BRUNCH! Pancakes with Syrup Ham Sticks* Potato Nuggets with Ketchup Orange Juice Cup Milk Choice	5-Feb Nardone Pizza Slice Steamed Green Beans Chilled Pear Cup Milk Choice
8-Feb Nathan's Frank! on a Bun with Mustard Packet Vegetarian Baked Beans Applesauce Milk Choice	9-Feb Tyson Chicken Patty on a Hamburger Bun with Honey Dijon Dressing Steamed Garden Peas Chilled Juice Cup Milk Choice	10-Feb Nardone Pizza Slice Shredded Lettuce with Low Fat Italian Dressing 100% Juice Icee Milk Choice	11-Feb Deli Turkey Breaston Whole Wheat Bun with Mayonnaise Smiley Face Potatoes with Ketchup Packet Fresh Fruit Selection Milk Choice	12-Feb Hamburger on a Whole Wheat Bun with Ketchup Packet Corn Nibbles Chilled Apricots Milk Choice
15-Feb WINTER RECESS SCHOOLS CLOSED	16-Feb WINTER RECESS SCHOOLS CLOSED	17-Feb WINTER RECESS SCHOOLS CLOSED	18-Feb WINTER RECESS SCHOOLS CLOSED	19-Feb WINTER RECESS SCHOOLS CLOSED
22-Feb Ravioli Italiano! with Crispy Italian Bread Slice Steamed Green Beans Chilled Pear Cup Milk Choice	23-Feb Golden Chicken Nuggets with Honey Dijon Dip Corn Nibbles Chilled Apricots Milk Choice	24-Feb Sliced Ham* on a Bun w/ Mayonnaise Shredded Lettuce with Low Fat Italian Dressing 100% Juice Icee Milk Choice	25-Feb 100% Beef Sloppy Joe on Whole Wheat Hamamburger Bun Zero Trans Fat Fries with Ketchup Packet Fresh Fruit Selection Milk Choice	26-Feb Nardone Pizza Slice Steamed Carrot Coins Applesauce Milk Choice

* May contain pork.
 Menu Subject to Change Without Notice

If you have a food allergy please speak to your cafeteria manager or server.

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