

# LUNCH

## February 2013

### Ell-Saline Middle/High School

#### Nutrition Tip

Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



WG = Whole Grain

#### \* monday

#### \* tuesday

#### \* wednesday

#### \* thursday

#### \* friday

**For Children, Teen and Adults, a healthy breakfast provides nutrients and energy needed to start the day strong. Research shows that children who eat breakfast show improvements in Math, Reading and standardized test scores.**

Daily Middle / High School  
Alternative Main Dish Lunch Choices-  
Prepared Whole Wheat Peanut Butter and Jelly Sandwich, Or -

OR-Salad Bar Choice- 2 oz Shredded Cheese, Diced Ham Diced Turkey or Boiled Egg. Or a 1 oz. Combination of 2.  
1 oz Croutons and 1- 2ct, pkg Crackers.

NO SCHOOL

1

HAMBURGER ON A BUN **4**  
Leaf Lettuce, Tomato Slices  
Sweet Potato Fries  
Fruit Cocktail, Rice Crispy Bar  
Milk Choice

CHICKEN NUGGETS **5**  
POTATOES & GRAVY  
Fresh Broccoli  
Wheat Roll & Jelly  
Strawberries & Banana, Milk

CHILI **6**  
Whole Grain Corn Chips  
Celery & Cucumbers  
Cinnamon Roll  
Applesauce, Milk Choice

BAKED HAM **7**  
Scalloped Potatoes  
Green Beans  
Biscuit & Jelly, Pineapple  
Milk Choice

MAC & CHEESE **8**  
Meat Balls, Seasoned Peas  
Baby Carrots,  
Whole Wheat Bread & Jelly  
Orange Slice, Milk Choice

CHICKEN PATTIE **11**  
Potatoes & Gravy  
Green Beans  
Banana, Wheat Roll & Jelly  
Milk Choice

TACO BURGER **12**  
Leaf Lettuce & Tomato  
Refried Beans, WG Chips(9-12)  
Black Bean Salsa,  
Sliced Pears, Milk Choice

ASH WEDNESDAY **13**  
LASAGNA, Bread & Jelly(9-12)  
Green Pepper Strips &  
Baby Carrots, Apple Quarters  
Brownie, Milk Choice

HAM & CHEESE SUB **14**  
Potato Wedges  
Fresh Broccoli  
Diced Peaches, Milk Choice  
Chocolate Chip Cookie, (9-12)

TONY'S PIZZA **15**  
Tossed Salad w/Romaine  
Marinara Sauce w/ Bread Stick  
Orange Slices  
Milk Choice

BBQ BEEF ON A BUN **18**  
Sweet Potato Fries  
Baked Beans  
Orange Slices  
Oatmeal Cookie, Milk Choice

BEAN & BEEF BURRITO **19**  
Romaine & Tomato  
Corn, Salsa & WG Chips(9-12)  
Pineapple Tidbits, Milk Choice

ELL-SALINE PIZZA **20**  
Garden Spinach Salad  
Baby Carrots  
Strawberry Gelatin  
Milk Choice

TURKEY & CHEESE SUB **21**  
Leaf Lettuce & Tomato Slices  
Oven Fries  
Apple Quarters, Milk Choice  
Graham Snack (9-12)

COUNTRY STEAK **22**  
Potatoes & Gravy  
Steamed Broccoli  
Tropical Fruit, Milk Choice  
Wheat Roll & Jelly

CORN DOG **25**  
Garden Spinach Salad  
Sweet Peas  
Apple Wedges  
Milk Choice

TACO SOUP **26**  
Whole Grain Tortilla Chips  
Fresh Broccoli  
Sliced Pears, Snicker doodle  
Milk Choice

BEEF AND NOODLES **27**  
Mashed Potatoes  
Baby Carrots  
Blueberry Oat Muffin Bar  
Pineapple Tidbits, Milk Choice

CHICKEN FAJITA **28**  
Whole Grain Chips & Salsa  
Corn, Refried Beans  
Orange Slices, Milk Choice

MARCH 1  
NO SCHOOL