


LunchSmart Menu

February 2012



Monday	Tuesday	Wednesday	Thursday	Friday
<p>All Milk's served contain NO hormones or antibiotics. Meal Prices: \$3.00 student \$3.30 Adult, \$1.50 extra Entrée Jessie Campaniello (219) 929-6600ext.20127</p>		<p>February 1 Pure Angus Beef Hamburgers Or Garden Burger with Rosemary Roasted Red Potatoes, Fresh Organic Romaine & Spring Mix Lettuces, Crisp Fruit</p>	<p>February 2 Authentic Mexican Chicken Taco's on Corn Tortillas or Cheese Ultra-grain Quesadilla Sour Cream, Chives, Salsa Fresh Salad Bar Fresh Melon</p>	<p>February 3 Handcrafted Cheese Pizza Sweet Orange Slices Crisp Locally grown Celery Garbanzo Beans Milk</p>
<p>February 6 April's Amazingly Homemade Cheesy Macaroni & Cheese Fresh Salad Bar Seasonal Fresh Fruit Milk</p>	<p>February 7 Tex-Mex Beef or 3-Bean Chili Mac Warm Cornbread Fresh Salad Bar Crisp Granny Smith Apples Milk</p>	<p>February 8 Chicago-Style Italian Beef in Aujus or Open-Faced 3 Cheese bread Fresh Salad Bar Seasonal Fresh Fruit Milk</p>	<p>February 9 Lemon-Herb Roasted Chicken Or Tofu over Lemon-herb Brown Rice Fresh Carrot Sticks & Ranch Fresh Pineapple Milk</p>	<p>February 10 Homemade Baked Penne with Marinara Sauce smothered in Mozzarella and fresh Basil Organic Bananas Fresh Salad Bar Milk</p>
<p>February 13 Grilled Cheese Sandwich with Tomato Soup Fresh Seasonal Salad Bar Fresh Pineapple Slices Milk</p>	<p>February 14 <u>SUBWAY DAY!</u> Choose from a Turkey or Veggie sub. Organic Salad Bar Juicy Apple</p> 	<p>February 15 Roasted Turkey Breast with Baked Potato or Baked Potato covered in Broccoli and Cheese Fresh Salad Bar</p>	<p>February 16 Handcrafted Cheese Pizza Crisp Sweet Green Grapes Crunchy Carrots Fresh Bread Basket Fresh Salad Bar Milk</p>	<p>February 17 <u>Reserved Snow day</u> If school is in session: Cook's Choice of Meat and Vegetarian Options Fresh Salad Bar Crisp Fruit</p>
<p>February 20 NO SCHOOL! Happy President's Day!</p>	<p>February 21 Homemade Minestrone Soup with or without Chicken and warm Bosco Stick Fresh Salad Bar Seasonal Fruit Milk</p>	<p>February 22 Grain Fed Beef Hotdogs or Vegetarian Not-Dog on a whole wheat bun Roasted Potatoes Crisp Cucumbers Crunchy Apples</p>	<p>February 23 Roast Beef & Provolone or Vegetables and Provolone on a warm pretzel roll Fresh Salad Bar Fresh Strawberries Milk</p>	<p>February 24 April's Homemade Marinara Whole-grain Spaghetti Warm Garlic Breadstick Fresh Salad Bar Organic Banana Milk</p>
<p>February 27 Beef Meatball Sandwich or Veggie Wrap with Hummus Fresh Salad Bar Seasonal Fruit Milk</p>	<p>February 28 Chef April's Homemade Beef Lasagna or Cheesy Lasagna Whole Grain Roll Fresh Salad Bar Seasonal Fruit Milk</p>	<p>February 29 Grilled Chicken Sandwich or a veggie Sandwich on a whole grain bun Fresh Salad Bar Seasonal Fruit Milk</p>	<p style="text-align: center;">Color Me Green</p> <p>This month, we are going green with fruits and veggies. Green produce promotes vision health, supports strong bones and teeth, and helps to lower your risk of some cancers. Vegetables and fruits in this color group include green beans, broccoli, and green pears. In March, we'll talk about the blue/purple group.</p>	

Special note: The menu is subject to change based on availability and quality of food items.