



# Baltimore County Public Schools

## Elementary Menu

### February 2012

**Our student lunch always includes two fruits or vegetables and milk!**

**We offer:**

- A daily selection of fresh fruit
- Dark green and orange vegetables
- Beans/legumes
- Lots of whole grain selections
- Low and non-fat milk
- Non-fat yogurt lunch offered daily

Keep your heart happy by exercising and eating fruits, vegetables and whole grain rolls and bread.

**Menu Key**

- \* - Meatless
- Whole Grain
- Pork
- Processed in a plant w/nuts

**Elementary Meal Prices**

	<u>Breakfast</u>	<u>Lunch</u>
Paid	\$1.40	\$2.90
Reduced	\$.30	\$.40

<http://www.bcps.org/offices/ofns>

Monday, Jan. 30	Tuesday, Jan. 31	Wednesday, Feb. 1	Thursday, Feb. 2	Friday, Feb. 3
		<b>Mini Pancakes &amp; Turkey Sausage</b>  <b>Cold Cut Sub</b>  Oven Roasted Potatoes Cinnamon Apples Fresh Fruit Fresh Vegetables	<b>Hot Dog</b>  <b>Soft Taco</b>  <b>Taco Salad &amp; Baked Scoops</b>  Black Bean & Corn Salad Pears Fresh Fruit Fresh Vegetables	<b>Chicken Nuggets</b>  <b>Stuffed Shells*</b>  Corn Chopped Side Salad Assorted Canned Fruit Fresh Fruit Fresh Vegetables
Monday, Feb. 6	Tuesday, Feb. 7	Wednesday, Feb. 8	Thursday, Feb. 9	Friday, Feb. 10
<b>Hamburger or Cheeseburger</b>  <b>Macaroni and Cheese* &amp; Dinner Roll</b>  Glazed Baby Carrots Pineapple Fresh Fruit Fresh Vegetables	<b>Pizza*</b>  <b>Asian Ginger Chicken &amp; Rice</b>  Green Beans Broccoli Salad Peaches Fresh Vegetables	<b>Mozzarella Dippers* with Sauce</b>  <b>Fish Hoagie* with Cheese</b>  Sweet Potato Casserole Applesauce Fresh Fruit Fresh Vegetables	<b>Spaghetti with Meat Sauce</b>  <b>Chicken Patty Sandwich</b>  <b>Chopped Salad with Chicken &amp; Soft Pretzel</b>  Spinach Pears Fresh Fruit Fresh Vegetables	<b>Chicken Nuggets</b>  <b>Southwest Chili* &amp; Baked Scoops</b>  Mgr's Choice Veg. Assorted Canned Fruit Fresh Fruit Fresh Vegetables

<i>Monday, Feb. 13</i>	<i>Tuesday, Feb. 14</i>	<i>Wednesday, Feb. 15</i>	<i>Thursday, Feb. 16</i>	<i>Friday, Feb. 17</i>
<b>Teriyaki Chicken Nuggets &amp; Rice</b> 🌾  <b>Hot Dog</b> 🌾  Baked Beans 🐷 Pineapple Fresh Fruit Fresh Vegetables	<b>Pizza*</b>  <b>Turkey and Dumplings</b> 🌾  California Blend Veg. Carrot and Raisin Salad Peaches Fresh Vegetables	<b>Chicken Nuggets</b>  <b>Grilled Cheese Sandwich*</b>  <b>Tuna Salad *</b>  Tomato Soup Applesauce Fresh Fruit Fresh Vegetables	<b>Corn Dog</b> 🌾  <b>Soft Taco</b> 🌾  <b>Taco Salad &amp; Baked Scoops</b> 🌾  Pears Fresh Fruit Fresh Vegetables	<b>Manager's Choice Entrée</b>  <b>Hamburger or Cheeseburger</b> 🌾  Broccoli w/ Cheese Assorted Canned Fruit Fresh Fruit Fresh Vegetables
<i>Monday, Feb. 20</i>	<i>Tuesday, Feb. 21</i>	<i>Wednesday, Feb. 22</i>	<i>Thursday, Feb. 23</i>	<i>Friday, Feb. 24</i>
<b>PRESIDENTS' DAY</b>  <b>SCHOOLS AND OFFICES CLOSED</b>  	<b>Pizza*</b>  <b>Salisbury Steak &amp; Dinner Roll</b>  Mashed Potatoes & Gravy Peaches Fresh Fruit Fresh Vegetables	<b>Crispy Baked Chicken &amp; Dinner Roll</b>  <b>Mozzarella Dippers* with Sauce</b>  <b>Tuna Salad*</b>  Sweet Potato Sticks Fruit Crisp Fresh Fruit Fresh Vegetables	<b>Spaghetti</b> 🌾 <b>with Meat Sauce</b>  <b>Cheese Quesadillas*</b> 🌾  <b>Chicken Caesar Wrap</b> 🌾  Green Beans Chopped Side Salad Pears Fresh Fruit Fresh Vegetables	<b>Chicken Nuggets</b>  <b>Fish Hoagie w/ Cheese*</b>  Mgr's Choice Hot Veg. Assorted Canned Fruit Fresh Fruit Fresh Vegetables
<i>Monday, Feb. 27</i>	<i>Tuesday, Feb. 28</i>	<i>Wednesday, Feb. 29</i>		
<b>Spicy Chicken Strips &amp; Cornbread Loaf</b> 🌾  <b>Corn Dog</b> 🌾  Collard Greens Mixed Fruit Fresh Fruit Fresh Vegetables	<b>Pizza*</b>  <b>Hot Diced Turkey Sandwich w/ Gravy</b>  Sweet Potatoes & Apples Peaches Fresh Fruit Fresh Vegetables	<b>Pancakes &amp; Turkey Sausage</b> 🌾  <b>Cold Cut Sub</b>  Oven Roasted Potatoes Cinnamon Apples Fresh Fruit Fresh Vegetables		

## BREAKFAST

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>French Toast Sticks</b>  <b>Manager's Choice</b>  <b>Cereal or Cereal Bar</b> ☀️  Fresh Fruit Juice Milk	<b>Breakfast Sandwich</b>  <b>Breakfast Bun</b> 🌾  <b>Cereal or Cereal Bar</b> ☀️  Fresh Fruit Juice Milk	<b>Breakfast Pizza</b>  <b>Oatmeal Chip Bar</b> 🌾  <b>Cereal or Cereal Bar</b> ☀️  Fresh Fruit Juice Milk	<b>Mini Pancakes</b> 🌾 <b>or Waffles</b> 🌾  <b>Yogurt</b> ☀️ <b>or Yogurt Parfait</b> ☀️  <b>Cereal or Cereal Bar</b> ☀️  Fresh Fruit Juice Milk	<b>Flapstick</b> 🐷 🌾  <b>Assorted Cold Entrees</b>  <b>Cereal or Cereal Bar</b> ☀️  Fresh Fruit Juice Milk

☀️ **Students who choose these items may choose an additional item from the following: Goldfish Graham Crackers, Animal Crackers, String Cheese**



The Office of Food and Nutrition Services is now using MyLunchMoney.com, a new service for parents to prepay for student meals and snacks. Visit [www.MyLunchMoney.com](http://www.MyLunchMoney.com) to enroll and get started!