



2012 February

South Lake Elementary Lunch Menu

Lunch \$2.50
Includes low fat milk

A la Carte
Milk/Water .50
Extra Entrée \$1.25



BREAKFAST

\$1.40

Served every morning in the cafeteria.

Fruit Juice, Milk and your choice of breakfast breads, cereal, cereal bars and yogurt.

Parents We need your help!

Nutritional Standards for school meals are changing. We need ideas on how to include more beans, lentils, dark green, orange and yellow vegetables into our menu.

Call 435-1435

Email:

cclarke@solake.org

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| Students without adequate funds in their account, or fail to order a lunch, will be served an alternate meal. | Deposit money into your Meal Magic account online at: sendmoneytoschool.com | 1 Mini Turkey Corn Dogs Steamed Green Beans Red Grapes | 2 Breaded Chicken Rings Mashed Potatoes/gravy Fresh Apple Slices | 3 Hungry Howie's Pizza Salad Bar Diced Pears |
| 6 Beef & Bean Chili Mozzarella Breadstick Baby Carrots Mixed Fruit | 7 Beef & Cheese Nachos Lettuce and Tomato Mandarin Oranges | 8 French Toast Sticks Pork Sausage Links Red Grapes Apple Juice | 9 Chicken Tenders Steamed Corn Fresh Apple Slices | 10 Hungry Howie's Pizza Salad Bar Diced Peaches |
| 13 Cheese Quesadilla Steamed Corn Cherry Frozen Juice Cup | 14 Heart Shaped Chicken Nuggets Salad Bar Apple Sauce <i>Early Dismissal</i> | 15 Mini Italian Sub Baby Carrots Red Grapes | 16 Breaded Chicken Sandwich Curly Fries Fresh Apple Slices | 17 No School |
| 20 No School | 21 Cheeseburger on Bun Salad Bar Diced Pears | 22 Bosco Cheese Filled Breadsticks Steamed Green Beans Red Grapes | 23 Popcorn Chicken Steamed Corn Fresh Apple Slices | 24 Hungry Howie's Pizza Salad Bar Mixed Fruit |
| 27 Macaroni & Cheese Baby Carrots Pineapple Bits | 28 Soft Shell Beef Taco Steamed corn Diced Peaches | 29 Mini Pancakes Pork Sausage Links Mini Banana Apple Juice <i>Early Dismissal</i> | <p>In accordance with Federal law and U.S. Department of Agriculture policy, institutions are prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1498 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (866) 632-9992.</p> <p>USDA is an equal opportunity provider and employer.</p> | |

