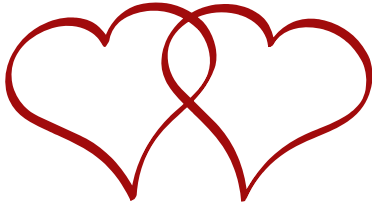


# Menus for February 2012



**Beacon Middle School**  
This institution is an equal opportunity provider.

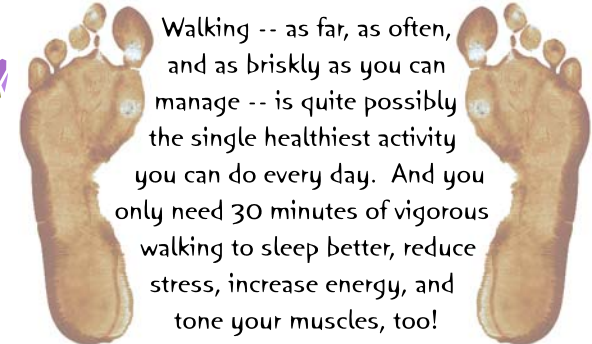
## Available Daily

**Breakfast:** Yogurt, Graham Crackers, Toast, Fruit, & Fruit Juice

**Lunch:** Chef's Salad ~ Crackers  
Yogurt ~ Crackers  
Peanut Butter & Jelly Sandwich  
Tuna Sandwich, Ham & Cheese Sandwich  
Tuna, Turkey, and Ham & Cheese Subs

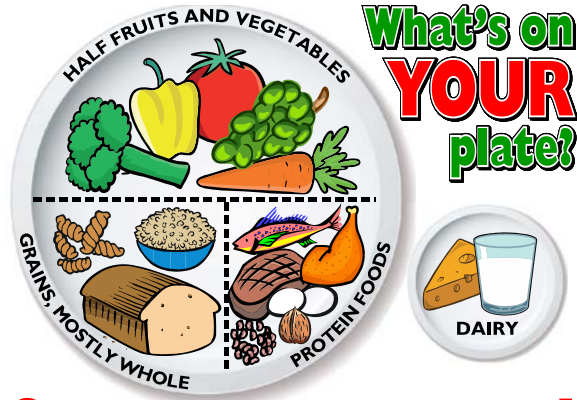
(Includes Two Sides + Milk!)  
Skim Milk, 1% Milk, Fat Free Chocolate

## MAKE SOME TRACKS.



Walking -- as far, as often, and as briskly as you can manage -- is quite possibly the single healthiest activity you can do every day. And you only need 30 minutes of vigorous walking to sleep better, reduce stress, increase energy, and tone your muscles, too!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



## Cactus you can eat!

The pads of the prickly pear cactus, or "nopales" (pronounced no-PAH-lace) are a popular food in Mexico and many Central American countries, as well as parts of Southern Europe, the Middle East, India, North Africa, and the Southwest U.S. It tastes like a slightly tart green bean or green pepper.



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Go Foods are Eat Almost Anytime Foods

Follow Smiley Face, our eat smart friend, to know which foods to choose!

**Wednesday, February 1**

**Breakfast**  
Mini Cinni

**Lunch**  
Hot Dog on Bun

**Choice of Two**  
Baked Beans  
☺ Sauerkraut  
☺ Mandarin Orange Fruit Juice

Soup: Cream of Potato  
*\*Bonus: Sunchips*

**Thursday, February 2**

**Breakfast**  
Sausage & Egg English Muffin

**Lunch**  
Fish Filet  
☺ ~On Whole Wheat Roll

**Choice of Two**  
Mac-n-Cheese  
Stewed Tomatoes  
☺ Spinach, Grapes Fruit Juice

Soup: Manhattan Clam

**Friday, February 3**

**Breakfast**  
Waffle Stix

**Lunch**  
Cheese Steak on Bun

**Choice of Two**  
Fries  
☺ Lettuce & Tomato  
☺ Chilled Peaches Juice

Soup: Chef's Choice

**Monday, February 6**

**Breakfast**  
☺ Hot Oatmeal

**Lunch**  
Chicken Nuggets  
☺ ~Warm Roll

**Choice of Two**  
Parsley Potatoes  
☺ Peas & Carrots  
☺ Pineapple Tidbits Juice

Soup: Peas-n-Dumplings

**Tuesday, February 7**

**Breakfast**  
Bagel w/wo Cream Cheese

**Lunch**  
Pizza Dipper w/wo Marinara Sauce

**Choice of Two**  
☺ California Blend Frozen Peaches Fruit Juice

Soup: Beef Noodle  
*\*Bonus: Birthday Cake!*

**Wednesday, February 8**

**Breakfast**  
Sausage Pancake on Stick

**Lunch**  
Hot Ham and Cheese on Pretzel Bun

**Choice of Two**  
☺ Winter Mix  
☺ Applesauce Fruit Juice

Soup: Cream of Broccoli

**Thursday, February 9**

**Breakfast**  
Whole Grain Cinnamon Bun

**Lunch**  
Cheese Pizza  
Pepperoni Pizza

**Choice of Two**  
☺ Green Beans  
☺ Pears Fruit Juice

Soup: Chef's Choice

**Friday, February 10**

**No School Today**