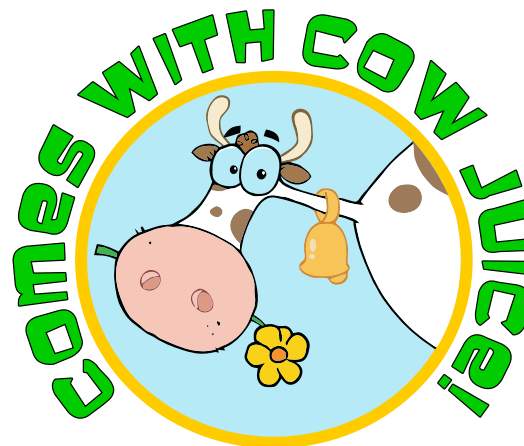


Menus for February 2012

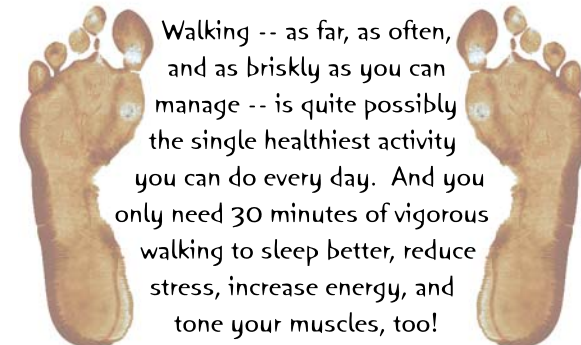


Woodland Meadows Elementary
This institution is an equal opportunity provider.



Every complete meal we serve includes your choice of low-fat white or nonfat chocolate milk.

MAKE SOME TRACKS.



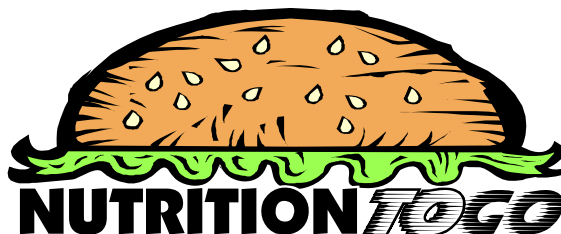
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Available Daily

Additional Main Entrée's
Yogurt w/wo Cheese
Uncrustable PB & J w/wo Cheese
Pretzel w/wo String Cheese

All-U-Can Eat Fresh Salad Bar

Fresh Fruit
Canned Fruit
Fresh Romaine Salad
Broccoli
Celery Sticks
Fresh Carrots
Cucumbers
Legumes
Diced Egg - Tuesday & Thursday



Chocolate is "chock-full" of antioxidants and other substances that are good for you. But all chocolate isn't created equal. Dark chocolate -- at least 65% cocoa -- delivers these health benefits efficiently. But the chocolate used for most candy is less than 30% cocoa with lots of added sugar, so you need to eat 2 or 3 times as much chocolate (and a lot more calories!) for the same benefits.

A TASTY MORSEL FOR PARENTS

Wednesday, February 1

Choice of One

Fit for Kids Pizza
or
BBQ Chicken on Bun

On the Salad Bar

Green Beans
Pears

Thursday, February 2

Choice of One

Chicken Rings w/Mini Bagel
Or
Nachos w/Fixings

On the Salad Bar

Baby Carrots
Fruit Mix

Friday, February 3

Choice of One
SUPER BOWL PARTY

Pizza Wedge
Or
Sloppy Joes

On the Salad Bar

Broccoli
Peaches
Football Cookie

Monday, February 6

Choice of One

French Toast w/
Scrambled Egg
Or
Chicken Sandwich

On the Salad Bar

Potato Gems
Cinnamon Applesauce

Tuesday, February 7

Choice of One

Chicken Nuggets
Or
Macaroni & Cheese

On the Salad Bar

Peas
Sliced Pears

Wednesday, February 8

Theme Meal
HEART HEALTHY DAY!

Choice of One

Turkey Burger
Or
Chicken Leg

On the Salad Bar

Baked Beans
Sweet Potato Fries
Cherry Crisp
Heartzels—Heart Shaped
Pretzels!

Thursday, February 9

Choice of One

Soft or Hard Taco
Or
Hot Dog

On the Salad Bar

Corn
Rice
Baked Apples

Friday, February 10

Choice of One

Wedge Pizza
Or
Shredded Pork BBQ on Bun

On the Salad Bar

Green Beans
Mixed Fruit
Vegetarian Baked Beans