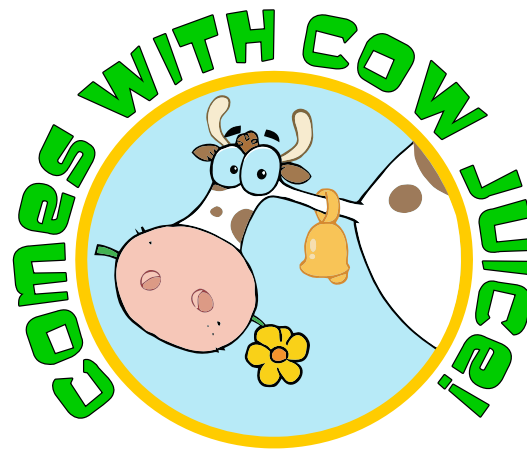


Menus for February 2012



Johnson City

This institution is an equal opportunity provider.



Every complete meal we serve includes your choice of lowfat white or nonfat chocolate milk.

Available Daily

To assure your entrée choice is available—be in class when your teacher takes the count, be informed of your choices and order carefully, and then take the correct choice when in line.

If you are tardy, ask the office to turn in your choice to the cafeteria. Although it happens rarely, menus may change due to unforeseen delivery or availability issues.

Walking the walk.

When it comes to serving healthy meals to our students every day, we do what needs to be done. We follow the strictest safety and cleanliness standards and provide our staff with comprehensive food safety training that goes far beyond what a typical commercial restaurant gives its employees. We also follow nutrition standards that are the healthiest in the food service industry. And we do our level best to serve these excellent, healthy meals to as many kids as we can, including providing free and reduced-price meals for families who qualify.

Convenient, economical, healthy School Meals. We don't just talk the talk.

We walk the walk for your kids every day.



LEARN EASIER

No matter how old you are, moderate exercise like walking increases blood flow to your brain and makes your mind healthier, too. That adds up to a boost in school performance for students and a decrease in age-related memory-loss for older folks.

Monday, February 6

Breakfast
Cereal Bar
Assorted Cereal
Juice, Milk

Lunch
Big Daddy's Pizza

Choose 2 from:
Green Beans, Salad Bar,
Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Soft Pretzel, Juice

Tuesday, February 7

Breakfast
Yogurt
Assorted Cereal
Juice, Milk

Lunch
Chicken Broccoli Pasta
Garlic Cheese Toast

Choose 2 from:
Glazed Carrots, Salad Bar
Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Steak Biscuit, Juice

Wednesday, February 8

Breakfast
Scrambled Egg
Assorted Cereal
Juice, Milk

Lunch
Oven Fried Chicken
Homemade WW Roll

Choose 2 from:
Steamed Broccoli, Salad
Bar, Assorted Fruit, Juice
Served with All Meals:
Milk

Educate Snack:
Small Pizza, Juice

Thursday, February 9

Breakfast
Fruit Turnover
Assorted Cereal
Juice, Milk

Lunch
Pinto Beans, Mac & Cheese
Country Ham Biscuit

Choose 2 from:
Slaw, Greens, Salad Bar,
Assorted Fruit, Juice
Served with All Meals:
Milk, Banana Pudding

Educare Snack:
Trail Mix, Juice

Friday, February 10



No School

Wednesday, February 1

Breakfast
Ham/Egg Muffin
Assorted Cereal
Juice, Milk

Lunch
Baked Potato Bar, Chili,
Cheese, WW Roll

Choose 2 from:
Steamed Broccoli, Salad
Bar, Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Sloppy Joe Mini, Juice

Thursday, February 2

Breakfast
Cinnamon Raisin Toast
Assorted Cereal
Juice, Milk

Lunch
Turkey Pot Pie
Muffin

Choose 2 from:
Glazed Carrots, Fruited
Jello, Salad Bar, Fresh
Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Cheese, Crackers, Juice

Friday, February 3

Breakfast
Blueberry Muffin
Assorted Cereal
Juice, Milk

Super Bowl Lunch
Hot Dog, trimmings
Baked Beans, Chips

Choose 2 from:
Slaw, Salad Bar, Assorted
Fruit, Juice
Served with All Meals:
Milk, Dessert

Educare Snack:
Cereal Treat, Milk

School Meals
We serve education every day™