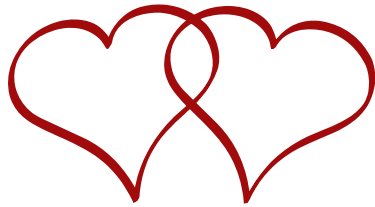


Menus for February 2012



Milton Elementary School

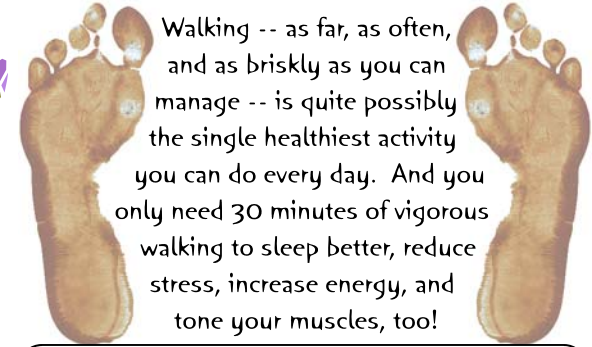
This institution is an equal opportunity provider.

Available Daily

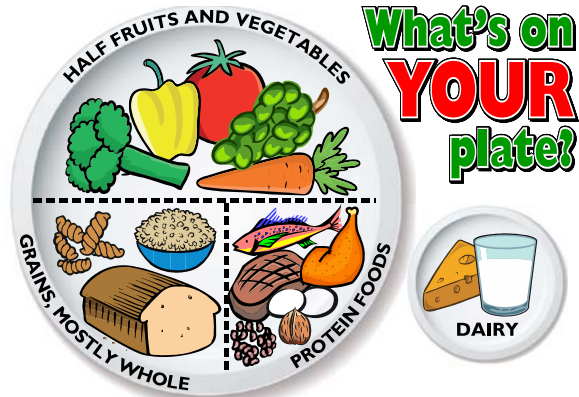
Breakfast: Yogurt
Graham Crackers
Toast, Fruit, & Fruit Juice

Lunch: Chef's Salad ~ Crackers
Yogurt ~ Crackers
Peanut Butter & Jelly Sandwich
Tuna Sandwich, Ham & Cheese Sandwich
(Includes Two Sides + Milk!)
Skim Milk, 1% Milk, Fat Free
Chocolate

MAKE SOME TRACKS.



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 or 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