

# FEBRUARY 2012



## CES & BES Lunch Menu

**MILK Offered Daily**  
**1% White and Fat Free Chocolate Strawberry**

<http://www.choosemyplate.gov/>

**PRICES CES & BES**  
 Student Brk \$1.00  
 Student Lunch \$1.75  
 Adult Brk \$1.25  
 Adult Lunch \$3.00  
 Visitor Lunch \$4.00

**CMS & CHS**  
 Student Brk \$1.00  
 Student Lunch \$2.00  
 Adult Brk \$1.25  
 Adult Lunch \$3.00  
 Visitors Lunch \$4.00

**Student Visitor**  
 Breakfast \$1.50  
 Lunch \$2.50  
 2<sup>nd</sup> Tray \$1.75

**FOR YOUR FYI**  
**In season:**  
 Grapefruit  
 Oranges  
 Clementine  
 Broccoli  
 Cauliflower  
 Cabbage  
**First Paper Money issued 1690**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>HOMESTYLE PIZZA</b> ( Pepperoni or Cheese) <b>BEEF RAVIOLI</b> Seasoned Corn Glazed Carrots Garden Salad Fresh orange smiles Garlic Bread	<b>2</b> <b>TACO SALAD BOWL</b> <b>CHICKEN FAJITAS</b> Season Pinto Bean Spanish Rice Lettuce and Tomato Chilled Pineapple Tidbits Chocolate Chip Cookies	<b>3</b> <b>SLOPPY JOE ON BUN</b> Baked Beans Corn on Cobb Baked Chips Oriental Vegetables Garden Salad Chilled Peaches & Pears
<b>6</b> <b>GENERAL TSO CHICKEN</b> Steamed Rice & Egg Roll <b>CHICKEN FRIED STEAK Fingers</b> Mashed Potatoes / Gravy Peas and Carrots Garden Salad Chilled Mixed Fruit/Wheat Roll	<b>7</b> <b>SALISBURY STEAK</b> <b>TOASTED CHEESE SANDWICH</b> Tomato Soup Scallop Potatoes Seasoned Green Beans Fresh Orange Smiles / Wheat Roll Chocolate Pudding	<b>8</b> <b>HOMESTYLE PIZZA</b> ( Pepperoni or Cheese) <b>CHICKEN ALFREDO over Pasta</b> California Blend Glazed Carrots Garden Salad / Garlic Bread Rosy Applesauce	<b>9</b> <b>NACHOS w/ Ground Beef</b> <b>WILDCAT WRAP</b> Season Pinto Beans Mexicali Corn Broccoli w/ Cheese Lettuce and Tomatoes Fruited Strawberry Jell-0	<b>10</b> <b>POPCORN CHICKEN</b> <b>W/GRAVY</b> Seasoned Spinach Sweet Peas Garden Salad Blushing Pears Corn Bread
<b>13</b> <b>CHICKEN QUESADILLAS</b> <b>Baked Potato w/ chicken</b> Corn on Cobb Broccoli w/ Cheese Garden Salad Garlic Bread Sticks Chilled Apricots Halves	<b>14</b> <b>CHICKEN SPAGHETTI</b> <b>TACO SOUP</b> <b>w/ Corn Bread</b> Green Peas Orange Glazed Sweet Potatoes Garden Salad Chilled Mixed Fruit Chocolate Chip Cookie	<b>15</b> <b>HOMESTYLE PIZZA</b> ( Pepperoni or Cheese) <b>SPAGHETTI w/ MEATSAUCE</b> Seasoned Green Beans Corn on Cobb Garden Salad Fruited Jell-0 Garlic Bread Sticks	<b>16</b> <b>TWIN CRISPY TACOS</b> <b>CHICKEN FAJITAS</b> Seasoned Pinto Beans Steamed Broccoli w/ Cheese Spanish Rice Lettuce and Tomatoes Salad Chilled Mandarin Oranges	<b>17</b> <b>ORANGE CHICKEN</b> w/ Steamed Rice & Egg Roll Seasoned Mixed Veggies Garden Salad Chilled Peaches Sugar Cookie
<b>20</b> <b>OVEN BAKED CHICKEN</b> <b>SALISBURY STEAK</b> Au Gratin Potatoes Black-eye Peas Glazed Carrots Chilled Mixed Fruit Wheat Roll	<b>21</b> <b>KICKIN BAR Q CHICKEN</b> <b>CHICKEN AND SAUSAGE</b> <b>GUMBO w/ Crackers</b> Baked Beans / Corn on Cobb Potato Salad Chilled Tropical Fruit Sugar Cookie	<b>22</b> <b>HOMESTYLE PIZZA</b> ( Pepperoni or Cheese) <b>Ravioli</b> California Blend Seasoned Squash Garden Salad FRESH APPLES Peach Crisp	<b>23</b> <b>CHICKEN FRIED STEAK</b> <b>FINGERS</b> <b>CHICKEN RINGS</b> Mashed Potatoes / Gravy Seasoned Green Beans Glazed Carrots Chill Peaches / Wheat Roll Lettuce and Tomato Salad	<b>24</b> <b>FISH &amp; CHIPS</b> w/Tartar Sauce Mac & Cheese Sweet Potato Fries Steamed Carrots Chilled Pineapple Tidbits
<b>27</b> <b>HAMBURGER ON A BUN</b> <b>CHICKEN TENDERS w/ Gravy</b> Scalloped Potatoes Seasoned Green Beans Glazed Carrots Hamburger Salad Blushing Pears Wheat Roll	<b>28</b> <b>Toasted HAM AND CHEESE</b> Tomato Soup CHICKEN SPAGHETT Mixed Vegetables Garden Salad Chilled Mixed Fruit Wheat Roll	<b>29</b> <b>HOMESTYLE PIZZA</b> ( Pepperoni or Cheese) <b>ITALIAN CHILI MAC</b> Orange Glazed Sweet Potatoes Broccoli Normandy Garden Salad Fresh Oranges Smiles/ Wheat Roll Chocolate Chip Cookie		

**Available Daily**  
**Grades PK-5**  
**Fun Lunch Options**

**MONDAY**  
**Hot Dog**  
 Mustard/ Pickles, Animal Crackers  
 Baked Chips, Apple Juice

**TUESDAY**  
**Chicken Nuggets**  
 Ketchup,  
 Celery Stick w/ Lite Ranch, Fruit Cup, Graham Crackers

**WEDNESDAY**  
**Beef Burrito**  
 Cheese Sauce, Juicy-Juice,  
 Cucumber/ Carrot sticks w/lite Ranch  
 Choc Chip Cookie

**THURSDAY**  
**Corn Dog**  
 Baked Chips  
 Celery Sticks w/ Ranch  
 String Cheese Sticks  
 Fresh Apple / Animal Crackers

**FRIDAY**  
**Deli Ham and Cheese**  
 Baked Chips, Broccoli w/ Lite Ranch, Peach Cup, Teddy Graham Crackers

**Spinach Salad**  
**Available DAILY ...**  
**W/ Fruit, Dressing and Crackers**

**Mon: POPCORN CHICKEN**  
**Tues: BEEF TACO SALAD**  
**Wed: CHICKEN CAESAR**  
**Thurs: CHEF - (Turkey of Ham)**  
**Fri: CHICKEN or TUNA SALAD**

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 Walker Quality Services – Cycle -B – Spring Menu 2012