



February 2010

MONDAY 1st	TUESDAY 2nd	WEDNESDAY 3rd	THURSDAY 4th	FRIDAY 5th
Rice Farm's Bratwurst Or Rice Farm's Hot Dogs STEAMED CORN	Pasta Marinara Or Ham Sandwich on Wheat ROASTED ZUCCHINI	Pita Pizza Or Chicken Noodle Soup SPAGHETTI SQUASH	Roast Chicken with Homemade Gravy Or Tuna Fish on Wheat REDSKIN MASHED POTATOES	Macaroni and Cheese Or Seafood Chowder STEAMED GREEN BEANS
MONDAY 8th	TUESDAY 9th	WEDNESDAY 10th	THURSDAY 11th	FRIDAY 12th
Nachos Or Fish Tacos WHITE BEAN CHICKEN CHILI	Baked Ziti with Mozzarella, Ricotta, And Beef Or Ham and Cheese on Wheat STEAMED BROCCOLI	Chicken or Vegetable Gyros And Lentil, Spinach, Feta Soup GREEK SALAD	Braised Pork Loin Or Egg Salad Sandwiches BRAISED CABBAGE WITH APPLES	Pasta Primavera Or Falafel on Wheat Bun VEGETABLE MEDLEY
MONDAY 15th	TUESDAY 16th	WEDNESDAY 17th	THURSDAY 18th	FRIDAY 19th
No School GTACS Or LLSM	Turkey Tetrazzini Or Smoked Turkey In Wheat Pita SPAGHETTI SQUASH	That' sa Pizza on Whole Wheat Or Vegetable Hummus Wrap STEAMED GREEN BEANS ASH WEDNESDAY	Italian Sub Or Cheese Lasagna ROAST PARSNIPS	Grilled Cheese Sandwich / Tomato Soup Or Vegetable Quinoa Wrap/Tomato Soup ROASTED RED SKIN POTATOES



February 2010

MONDAY 22nd	TUESDAY 23rd	WEDNESDAY 24th	THURSDAY 25th	FRIDAY 26th
Turkey Burgers	Chicken Alfredo over Egg Noodles	Waffles with Strawberries	Turkey Pot Pie	Vegetarian Chili
Or	Or	And	Or	Or
Potato Leek Soup	Chicken Salad Wrap	Turkey Sausage Links	Potato Bar	Cheese Quesadilla
STEAMED BROCCOLI	ROASTED SWEET POTATO	FRUIT AND SALAD BAR	BROCCOLI CHEDDAR SOUP	RED BEANS AND RICE
Every Day	Every Day	Every Day	Every Day	Every Day
Milk, Fruit, Fresh Veggies Grain or Bread	Milk, Fruit, Fresh Veggies Grain or Bread	Milk, Fruit, Fresh Veggies Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread

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GET TO KNOW THE MENU

- MARINARA- A tomato sauce or spaghetti sauce.
- BOLOGNESE- A tomato sauce with ground beef added.
- ROTINI NOODLE- A spiral-shaped noodle.
- MIREPOIX- Carrots, celery, and onions used in the preparation for soups, stews, and sauces.
- STROGANOFF- Stew meat that has been braised with mirepoix, mushrooms, beef stock, sour cream and herbs. Served over noodles.
- SPAGHETTI SQUASH- A yellow, hard-shelled squash that can be steamed or baked. After cooking, the interior of the squash can be flaked out with a fork. Resembles spaghetti with its long threads.
- CHOWDER- A hearty soup that has the addition of potatoes.
- RATATOUILLE- A traditional French stewed vegetable dish with onions, eggplant, tomato, zucchini, and fresh herbs.
- TETRAZZINI- A creamy casserole that has egg noodles, peas, mushrooms with either chicken, or fish.
- FALAFEL- A garbanzo bean puree formed into balls and baked.
- BRAISE- A cooking method conducted by using water and dry heat both. An example is pot roast.
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