

# Utica Schools Elementary Menu


February 2012



Nutrition is all  
about Choices !



Meal Price : \$ 2.35, includes milk.  
Cash Purchase only: 8oz. Milk & Fruit  
Juice \$.45 Menu Subject to Change  
(\* ) contains Pork

Monday	Tuesday	Wednesday	Thursday	Friday			
<p><b>6</b></p> <p><b>2 pc. Chicken Tenders</b> 1-BBQ sauce or 2 Ketchup</p> <p>Lowfat String Cheese Soft Pretzel or Fruit Muffin, if available Cheddar Broccoli Fruit Slush or Fresh Orange Sections, if available</p>	<p><b>7</b></p> <p><b>2 pc. Cheesy Breadsticks</b> (meatless) served with</p> <p>Pizza dip sauce or Cheddar Broccoli, if available</p> <p>Fruit Cocktail, cherry</p>	<p><b>8</b></p> <p><b>Fresh Chicken Salad</b> mixed greens, grilled chicken breast, grape tomatoes Your Choice: garbanzo beans, cheese, crunchy noodles &amp; low fat dressing Fresh Warm Breadstick Sunkist Pineapple Spear</p>	<p><b>9</b></p> <p><b>Pasta Bake</b> pasta with marinara, melted cheese (meatless) 1- Cheesy Breadstick Fresh Baby Carrots, lite ranch cup or Baby Green Salad, if avail. Fresh Banana or Pineapple Spear, if available 1- Fortune Cookie</p>	<p><b>10</b></p> <p><b>Chocolate Chip Pancakes</b> 1 - Maple Syrup, if needed 2 pc. Perdue Turkey Sausage links 1- Crispy Hashbrown Triangle, ketchup Fresh Banana or 100% Fruit Juice</p>			
<p><b>13</b></p> <p><b>Beefy Nacho</b> seasoned beef, whole grain nacho chips, Land O' Lakes cheese sauce 2 taco sauces</p> <p>Corn &amp; Black Bean Salsa or Fresh Baby Carrots, lite ranch cup</p> <p>Luigi's Fruit Sherbet</p>	<p><b>14</b></p> <p><b>Big Daddy Pizza Wedge</b> (meatless) <b>The "Big Green Salad"</b> bigger portion of mixed lettuces, grape tomatoes, garbanzo beans &amp; choice of low fat dressing or Fresh Baby Carrots, ranch cup Fresh Apple &amp; Grapes</p>	<p><b>15</b></p> <p><b>10 pc. Popcorn Chicken</b> 1-BBQ sauce or 2 Ketchup Soft Roll, margarine or Assorted Bread Fresh Snap Peas, 1 small ranch or Fresh Baby Green salad, if available Fresh Apple &amp; Grapes or Chilled Fruit, cherry</p>	<p><b>16</b></p> <p><b>Buy 1 get 1 Free Slider Burgers</b> on pretzel buns 2 mustard, 2 ketchup 5-6 pc. Roasted Baby Potatoes or Snap Peas, if available Chilled Fruit or Fruit Sherbet, if available</p>	<p><b>17</b></p> <p><b>NEW Apple Texas Toast</b> no maple syrup needed served with 2 pc. Perdue Turkey Sausage links ketchup 100% Fruit Juice</p>			
<p><b>27</b></p> <p><b>5 pc. Chicken Nuggets</b> 1-BBQ sauce or 2 Ketchup</p> <p>1 low fat String Cheese Soft Pretzel Steamed Rivera Vegetables green beans, sliced carrots, wax beans Watermelon Fruit Jello</p>	<p><b>28</b></p> <p><b>2 pc. Cheesy Breadsticks</b> (meatless) served with Pizza dip sauce <b>Homemade Bean Salad</b> green beans, garbanzo beans &amp; edamame Fresh Apple Wedges or Jello</p>	<p><b>29</b></p> <p><b>NEW Chicken Hanni</b> unbreaded chicken breast strips, shr. Cheese, whole grain flatbread with small ranch packet Baby Green Salad or Homemade Bean Salad, if avail. Sunkist Pineapple Spear or Fresh Apples, if avail. Scrabble Cheeze It's</p>	<p><b>1</b></p> <p><b>All Beef Hotdog</b> on fresh bakery bun mustard, ketchup Bush's Vegetarian Baked Beans Chilled Fruit or Fresh Fruit, if available</p>	<p><b>2</b></p> <p><b>Pillsbury Maple Pancakes</b> no maple syrup needed 2 pc. Perdue Turkey Sausage links ketchup Grandma's Homemade Pudding 100% Fruit Juice</p>			
<p><b><u>School Lunch is Changing</u></b> Federal meal requirements will be changing for the nation's school lunch programs to follow.</p>				<p><b>The new fruit requirements</b> include weekly servings of <b>Fresh Fruit</b></p>	<p><b>Fresh Fruit has always</b> been a favorite on our menu, please continue to take and enjoy !</p>	<p><b>Fresh Fruit contains:</b> Healthy Vitamins Good Source of Fiber Protect against Infection</p>	<p><b>Look for this symbol</b>  to denote the choice contains <b>Beans or Legumes</b></p>

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