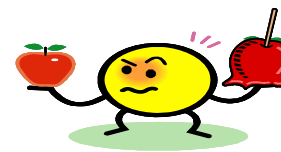


Utica Schools January - February Elementary Menu 2012

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>2</p> <p>Studies show that we should eat more colorful Fruits & Vegetables.</p> <p>On the school lunch menu fruits & vegetables are served daily, please encourage your children to take and enjoy them.</p>	<p>3</p> <p>Good Food Choices help kids to grow & learn. Talk about it !</p> 	<p>4</p> <p>2 pc. Cheesy Breadsticks (meatless) served with</p> <p>Pizza dip sauce or Cheddar Broccoli, if available</p> <p>Fruit Cocktail, cherry</p>	<p>5</p> <p>2 pc. Chicken Tenders 1-BBQ sauce or 2 Ketchup Lowfat String Cheese Whole Wheat Roll, margarine or Fruit Muffin, if available Cheddar Broccoli Fruit Slush</p>	<p>6</p> <p>Chocolate Chip Pancakes 1 - Maple Syrup, if needed 2 pc. Perdue Turkey Sausage links</p> <p>1- Crispy Hashbrown Triangle, ketchup Fresh Banana or 100% Fruit Juice</p>
<p>9</p> <p>Beefy Nacho seasoned beef, whole grain nacho chips, Land O' Lakes cheese sauce 2 taco sauces</p>  <p>Corn & Black Bean Salsa</p> <p>Luigi's Fruit Sherbet</p>	<p>10</p> <p>Big Daddy Pizza Wedge (meatless) The "Big Green Salad" bigger portion of mixed lettuces, grape tomatoes, garbanzo beans & choice of low fat dressing or Fresh Baby Carrots, ranch cup Fresh Apple & Grapes</p> 	<p>11</p> <p>10 pc. Popcorn Chicken 1-BBQ sauce or 2 Ketchup Soft Roll, margarine or Assorted Bread Cheddar Broccoli or Fresh Baby Green salad, if avail. Fresh Apple & Grapes or Chilled Fruit, cherry</p>	<p>12</p> <p>Buy 1 get 1 Free Slider Burgers on pretzel buns 2 mustard, 2 ketchup 5-6 pc. Roasted Baby Potatoes or Cheddar Broccoli, if available Chilled Fruit or Fruit Sherbet, if available</p>	<p>13</p> <p>Colby Egg Omelet on 6" tortilla (meatless) 1 ketchup</p> <p>1- Crispy Hashbrown Triangle or Roasted Baby Potatoes, if avail. 100% Fruit Juice</p>
<p>16</p> <p>No School</p> 	<p>17</p> <p>2 pc. Cheesy Breadsticks (meatless) served with</p> <p>Pizza dip sauce</p> <p>Watermelon Fruit Jello</p>	<p>18</p> <p>Grilled Chicken Wrap unbreaded, chicken breast lettuce on whole grain flatbread with 1 small ranch</p> <p>1- Crispy Hashbrown Triangle Sunkist Pineapple Spear</p>	<p>19</p> <p>1/2 Day No lunch</p>  <p>Have Fun Outdoors</p>	<p>20</p> <p>1/2 Day No lunch</p>  <p>Take time to Relax</p>
<p>23</p> <p>Soft Chicken Taco chicken breast, shredded cheese, lettuce on enriched 6" soft shell</p>  <p>Corn & Black Bean Salsa</p> <p>Apple Chips</p>	<p>24</p> <p>Fresh Thick Crust Pizza (meatless) served with</p> <p>Fresh Baby Carrots, lite ranch cup</p> <p>Cling Peaches, cherry</p>	<p>25</p> <p>10 pc. Popcorn Chicken 1-BBQ sauce or 2 Ketchup</p> <p>Assorted Bread Cheddar Broccoli or Fresh Baby Carrots, lite ranch cup</p> <p>Fresh Cantaloupe or Chilled Peaches, cherry</p>	<p>26</p> <p>Flamebroiled Burger fresh bakery bun mustard, ketchup</p> <p>Baked "No Guilt" Crinkle Fries, ketchup</p> <p>Assorted Fruit or Fresh Cantaloupe, if available</p>	<p>27</p> <p>Chocolate Chip Pancakes 1 - Maple Syrup, if needed</p> <p>2 pc. Perdue Turkey Sausage links ketchup</p> <p>Assorted Potato Choice 100% Fruit Juice</p>
<p>30</p> <p>5 pc. Chicken Nuggets 1-BBQ sauce or 2 Ketchup</p> <p>1 low fat String Cheese Mini Bagel</p>  <p>Fresh Frozen Green Beans</p> <p>Chilled Fruit, cherry</p>	<p>31</p> <p>Stuffed Crust Pizza (meatless) served with</p> <p>The "Big Green Salad" bigger portion of mixed lettuces, grape tomatoes, garbanzo beans & choice of low fat dressing</p>  <p>Chilled Peaches, cherry</p>	<p>1</p> <p>10 pc. Popcorn Chicken 1-BBQ sauce or 2 Ketchup Fruit Muffin Loaf or Mini Bagel, if available</p> <p>Fresh Celery Sticks, lite ranch cup</p> <p>Fresh Apple Wedges</p>	<p>2</p> <p>Grilled Chicken Wrap unbreaded chicken breast, lettuce on whole grain flatbread with 1 small ranch</p> <p>Homemade Bean Salad green beans, garbanzo & edamame Fresh Apple Wedges Presidential Smart Cookies</p> 	<p>3</p> <p>3 pc. Glazed French Toast Sticks made with healthy whole grains slightly sweet, no need for syrup</p> <p>Dannon Crush Cup Yogurt 100% Fruit Juice or Fresh Apples, if available Fresh Orange Sections</p>
<p>School Lunch is Changing Federal meal requirements will be changing for the nation's school lunch programs to follow.</p>	<p>New vegetable requirements include weekly servings of Orange & Yellow vegetables</p>	<p>The more colorful the Vegetable is the better it is for YOU!</p>	<p>Orange/Yellow veggies support: Healthy Vision Protects from Illness Helps Skin Heal</p>	<p>Look for this symbol</p>  <p>to denote the choice contains Beans or Legumes</p>

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