


LUNCH FEBRUARY 2012

SMCCHS/SCCS

School Information:

- Chocolate actually has some amazing health benefits. The most prominent of those benefits is the high number of antioxidants that chocolate contains. Dark chocolate has more antioxidants than milk chocolate. Enjoy chocolate in moderation. Happy Valentine's Day!

		WEDNESDAY		THURSDAY		FRIDAY			
		White Ham sandwich Broccoli /cheese sauce 1/2/apple Cocoa bar milk	1	Purple Turkey gravy/mashed potatoes Orange wedges Roll milk	2	Yellow Toasted cheese Tomato soup Goldfish crackers Cherry crisp milk	3		
Blue Baked chicken nuggets Rice w/ gravy Green beans Mandarin oranges milk	6	Green Hamburger/bun Cheese/pickles French fries Cinnamon applesauce Choc. Chip cookie milk	7	Pink Mini corn dogs Baked hash brown Cheddar cheese snack Apple wedges Milk	8	White Goulash Kernel corn ½ banana No bake cookie Milk	9	Purple Cheese quesadilla salsa tossed salad/garbanzo beans diced pears Milk	10
Yellow Hot dog/bun Buttered noodles Garden peas Pineapple tidbits milk	13	Blue Chicken patty/bun French fries Diced peaches Valentine treat milk	14	Green Ravioli Green beans Bread stick Sherbet Milk	15	Pink Pizza sub Kernel corn ½ apple Peanut butter bar Milk	16	IN-SERVICE NO SCHOOL	17
PRESIDENT'S DAY NO SCHOOL	20	White Hamburger/bun Cheese/pickles French fries Warm apple slices Pudding milk	21	Purple – ASH WED. Cheese pizza Succotash(corn & lima beans) Diced peaches Rice krispie treat Milk	22	Yellow Salisbury steak/mashed potato Gravy Bunch of grapes Wheat roll Milk	23	Blue PBJ uncrustable Frito scoops Carrot sticks w/ ranch Apple wedges Milk	24
Green Walking taco Salsa Kernel corn Mixed fruit Cinnamon churro milk	27	Pink Baked chicken strips French fries Mandarin oranges Animal crackers milk	28	White French toast sticks Cheese omelet Baked hash browns Orange wedges milk	29				

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.²
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

School Information:

6th grade may get ala carte on Wed.

K-6 \$ 2.50

7-12 \$2.75

Milk .50