

BREAKFAST MENU

Serving 2 Entrée Choices every day

Our menu features one rotating menu item and daily offerings of "Accepted Cold Cereals", Juice and Milk options



Monday

FOOD FOR THOUGHT:

MANGOES

Mangos are a good source of vitamin C which helps to keep you healthy.



Tuesday



Wednesday

Turkey-ham & cheese on whole grain bagel^{WG}
Apple Juice^{HUSC}
1% White Milk

Thursday

French Toast w/ syrup
Turkey Ham
Orange Juice^{HUSC}
1% White Milk

Friday

Sausage Biscuit^{WG} w/ jelly
Apple Juice^{HUSC}
1% White Milk

6 Breakfast Burrito^{WG} w/ Turkey-ham
Orange Juice^{HUSC}
1% White Milk

7 Warm Bagel^{WG} w/ jelly
Fresh Orange Half^{HUSC}
Apple Juice^{HUSC}
1% White Milk

8 Waffles w/ syrup
Orange Juice^{HUSC}
1% White Milk

9 Scrambled Eggs
Sausage
Wheat Toast^{WG}
Apple Juice^{HUSC}
1% White Milk

10 Blueberry Muffin
Yogurt cup^{HUSC}
Orange Juice^{HUSC}
1% White Milk

13 Turkey Sausage Buttered Wheat^{WG} Toast w/ jelly
Apple Juice^{HUSC}
1% White Milk

14 French toast w/ syrup
Fresh Apples
Orange Juice^{HUSC}
1% White Milk

15 Grits
Turkey-ham
Warm Croissant
Apple Juice^{HUSC}
1% White Milk

16 Pancakes^{WG} w/ syrup
Orange Juice^{HUSC}
1% White Milk

17 Cinn. Oatmeal^{WG} Turkeyham
Apple Juice^{HUSC}
1% White Milk

20 No School
President's Day



21 Waffles w/ syrup
Sliced Apples
Orange Juice^{HUSC}
1% White Milk

22 Breakfast Burrito^{WG}
Apple Juice^{HUSC}
1% White Milk

23 Sausage Biscuit^{WG}
Orange Juice^{HUSC}
1% White Milk

24 Pancakes^{WG} w/ syrup
Apple Juice^{HUSC}
1% White Milk

27 Warm Bagel^{WG} w/ cream cheese
Fresh Banana Half
Orange Juice^{HUSC}
1% White Milk

28 Grits
Turkey Ham
Wheat Toast^{WG}
Apple Juice^{HUSC}
1% White Milk

29 Hard Boiled Egg
Bran muffin^{WG}
Orange Juice^{HUSC}
1% White Milk

American Heart Month
National Pancake Week Feb 13 - 19



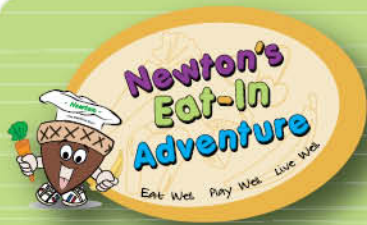
BREAKFAST: Giving ENERGY to your body and mind!



This institution is an equal opportunity provider.

HealthierUS School Challenge
Based on dietary guidelines
All food items with ^{WG} or ^{HUSC} indicate our participation and commitment to the program

A'viands
FOOD & SERVICES MANAGEMENT



DOLTON SCHOOL DISTRICT #149
Elementary
LUNCH MENU

FEBRUARY 2012

Serving 3 Entrée Choices every day
 Which include one rotating menu item, an alternate entrée
 And a daily salad special, plus a choice of 1% milk



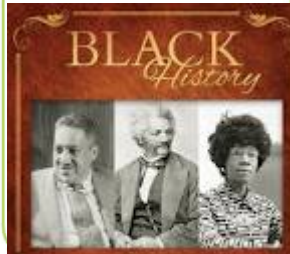
Monday

FOOD FOR THOUGHT:
MANGOES

Mangoes are full of good things for your body, like vitamin D which helps keep your bones healthy and strong.



Tuesday



Wednesday

Twin Tacos^{WG}
 Lettuce/Cheese
 Steamed Carrots^{HUSC}
 Fresh Pears^{HUSC}
Option:
 Grilled Cheese sandwich on wheat^{WG}

Thursday

Sweet & Sour Chicken
Brown Rice^{WG}
 Sweet Peas^{HUSC}
 Fresh Mango^{HUSC}
Option:
 Cheeseburgers on wheat bun^{WG}

Friday

Turkey Roast
 w/ gravy
 Wheat Dinner Roll^{WG}
 Collard Greens
 Fresh Grapes^{HUSC}
Option:
 Meatball Sandwich w/ marinara & cheese on wheat^{WG}

Cod Fish & cheese on Wheat bun^{WG}
 Steamed Broccoli^{HUSC}
 Fresh Apple^{HUSC}
Option:
 Loaded Baked Potato w/ chilli & cheddar cheese

Beef & Bean Burritos^{WG}
 Romaine Salad^{HUSC}
 Fresh Grapes^{HUSC}
Option:
 Hot Ham & Cheese Sandwich on wheat^{WG}

Baked BBQ Chicken
 Whole Wheat Roll^{WG}
 Mashed Potatoes
 Strawberries
Opt:
 Turkey Sandwich^{WG} on wheat w/ lettuce

Chili-Mac Wheat Roll^{WG}
 Sweet Potatoe^{HUSC}
 Fresh Orange Half^{HUSC}
Option:
 Turkey-ham wrap on wheat shell^{WG}

Flatbread Pizza^{WG}
 Lima Beans^{HUSC}
 Fresh Banana Half^{HUSC}
Option:
 Vegetable wrap^{WG} w/ bell peppers, onions & carrots

Catfish sandwich^{WG}
 Tossed Romaine Salad^{HUSC}
 Fresh Mangos^{HUSC}
Option:
 Grilled Cheese on Wheat bread^{WG}

Turkey Meatloaf
 Red Beans & Rice Dinner Roll^{WG}
 Fresh Apple^{HUSC}
Option:
 Turkey & cheese Hoagie^{WG}

Oven Crisp Chicken Leg
 Steamed Spinach^{HUSC}
 Fresh Grapes^{HUSC}
Option:
 Chicken Fajitas with soft tortilla shells^{WG}

Beef & Broccoli Brown Rice^{WG}
 Steamed Broccoli^{HUSC}
 Wheat Dinner Roll^{WG}
 Mandarin Oranges
Option:
 BBQ Meatball sub

Beef Hotdogs on Wheat bun^{WG}
 Steamed Carrots^{HUSC}
 Sliced Pears
Option:
 Chicken Salad Wrap^{WG}

No School

Cheeseburger on wheat bun^{WG}
 Lima Beans^{HUSC}
 Fresh Peach^{HUSC}
Option:
 Tuna on wheat^{WG} w/ romaine lettuce

Italian Spaghetti w/ wheat pasta^{WG}
 Wheat Roll^{WG}
 Romaine Salad^{HUSC}
 Strawberries
Option:
 Turkey & Cheese Ranch Wrap^{WG}

Teriyaki Chicken over Brown Rice^{WG}
 Green Beans
 Fresh Grapes^{HUSC}
Option:
 Salisbury Steak w/ brown gravy
 Wheat dinner roll

BBQ Chicken Breast Sandwich
 On Wheat bun^{WG}
 Red Beans^{HUSC}
 Fresh Apple Half^{HUSC}
Option:
 Vegetarian Lasagna^{WG} w/ garlic bread

Macaroni & Cheese
 Wheat Roll^{WG}
 Sweet Potatoes^{HUSC}
 Fresh Apple Half^{HUSC}
Option:
 Veggie Quesadilla in soft shell^{WG} w/ salsa

Nacho Grande w/ Lettuce/Shred Cheese/Salsa
 Mexican corn
 Fresh Orange^{HUSC}
Option:
 Turkeyham & cheese on sub^{WG}

Catfish Strips
 Whole Wheat Roll^{WG}
 Steamed Broccoli^{HUSC}
 Fresh Mangos
Option:
 Shepard's Pie w/ Wheat dinner roll^{WG}

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For questions and comments, please email the Food Service Director at **Dolton@aviands.com** or call 708-868-7573

