

February

Elementary Menu 2012



This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
<p>ELEMENTARY LUNCH PRICES:</p> <p>\$2.00 Daily \$3.00 Adult Daily Lunch \$.25 Milk</p> <p>Milk is included with each student meal.</p>		<p>1 Tony's Round Cheesy Cheese Pizza Oven Baked Chicken-on-the-Bone w/French Bread Crispy Baked Tri Tater Crisp Gala Apple Apple & Cherry Juice</p>	<p>2 Chicken Tenders Salisbury Steak Whipped Potatoes w/Lite Gravy Romaine Lettuce Salad w/Assorted Dressings Cinnamon Roll w/Cinnamon & Sugar</p>	<p>3 Whole Grain Corn Puppies w/Condiments Macaroni & Cheese Baby Carrots & Cucumbers w/Ranch Dip Whole Grain French Bread Chilled Fruit Cocktail</p>	<p>Cal 601 T.Fat 17.85 G S.Fat 5.4 G Chol 48.2 Mg Sodium 1299.88 Mg Carb 83.78 G Fiber 3.7 G Prtn 26.80 G Iron 4.20 Mg Calc 456.76 Mg Vit A 421.60 RE Vit C 23.56 Mg</p>	A V E R A G E
<p>6 Popcorn Chicken w/WG French Bread Turkey Egg Roll w/Sweet Sour Sauce Fluffy/Whole Grain Rice w/Lite Gravy Sweet Carrot Coins Chilled Pears</p>	<p>7 Taco Nachos w/Meat & Cheese Sauce Cheeseburger w/Shredded Lettuce Cheesy Refried Beans Baby Carrots & Cucumbers w/Hummus Dip Frozen Shape Up</p>	<p>8 Tony's Cheesy Cheese Pizza BBQ Beef Rib Sandwich Crispy Baked Tri Tater Seasoned Green Beans Chilled Diced Appriots</p>	<p>9 Italian Spaghetti w/Meat Sauce Whole Grain Corn Puppies w/Condiments Romaine Lettuce Salad w/Assorted Dressings Seasoned Whole Kernel Corn Whole Grain French Bread Orange Smiles</p>	<p>10 Cinnamon French Toast w/Sorambled Eggs Fish & Cheese Sandwich Baked Crinkle Cut French Fries Creamy Cole Slaw Assorted Juice Cup</p> <p>Go Team Go</p>	<p>Cal 666 T.Fat 15.14 G S.Fat 3.7 G Chol 89.3 Mg Sodium 1207.48 Mg Carb 102.68 G Fiber 6.7 G Prtn 30.78 G Iron 3.73 Mg Calc 493.26 Mg Vit A 603.64 RE Vit C 39.55 Mg</p>	
<p>13 Klement's All Meat Hot Dog in a Bun Oven Baked Chicken-on-the-Bone w/French Bread Seasoned Green Beans Chilled Pineapple Fortune Cookie</p>	<p>14 Heartwarming Bosco Stick w/Marinara Sauce Huggable Rib-B-Que Sandwich Special Delivery Spudster Potatoes Loveable Peas & Carrots Sweet Trix Yogurt Cup Be-My-Valentine Frozen Juice Cup</p>	<p>15 Tony's Round Cheesy Cheese Pizza Turkey and Cheese Submarine Sandwich Crispy Baked Tri Tater Seasoned Whole Kernel Corn 4 Kiwi Quarters</p>	<p>16 Chicken Tenders Turkey & Gravy Whipped Potatoes w/Lite Gravy Romaine Lettuce Salad w/Assorted Dressings Cinnamon Roll w/Cinnamon & Sugar</p>	<p>17 Rich's Pizza Dippers w/Marinara Sauce Golden Crunchy Fish Nuggets Baked Tater Tots Baby Carrots w/Hummus Dip Whole Grain French Bread Chilled Peaches</p> <p>Go Team Go</p>	<p>Cal 660 T.Fat 19.19 G S.Fat 5.3 G Chol 42.9 Mg Sodium 1409.63 Mg Carb 93.66 G Fiber 5.4 G Prtn 30.09 G Iron 3.84 Mg Calc 460.05 Mg Vit A 640.20 RE Vit C 46.27 Mg</p>	
<p>20</p> <p>NO SCHOOL WINTER BREAK</p>	<p>21 Taco Nachos w/Meat & Cheese Sauce Cheese Quesadilla Baked Tater Tots Sweet Carrot Coins Fresh Grapes</p>	<p>22 Tony's Cheesy Cheese Pizza Turkey Burger in Bun w/Shredded Lettuce Baked Crinkle Cut French Fries Fresh Broccoli & Cucumbers w/Hummus Dip Raspberry Sherbet</p> <p><i>Oh Wednesday</i></p>	<p>23 Italian Spaghetti w/Meat Sauce & French Bread Whole Grain Corn Puppies w/Condiments Seasoned Green Beans Romaine Lettuce Salad w/Assorted Dressings Fortune Cookie</p>	<p>24 Cinnamon French Toast w/Sorambled Eggs Egg, Ham & Cheese Sandwich Chilled Orange Juice Cup Warm Cinnamon Apples Donut Holes Dusted w/Sugar</p>	<p>Cal 642 T.Fat 18.05 G S.Fat 4.5 G Chol 92.6 Mg Sodium 1270.45 Mg Carb 95.44 G Fiber 5.5 G Prtn 26.63 G Iron 3.00 Mg Calc 603.11 Mg Vit A 266.68 RE Vit C 44.13 Mg</p>	
<p>27 Grilled Chicken Patty Sandwich w/Lettuce Rich's Pizza Dippers w/Marinara Sauce Romaine Lettuce Salad w/Assorted Dressings Chilled Peaches Blue Bunny Ice Cream Sandwich</p>	<p>28 Taco Nachos w/Meat & Cheese Sauce Beef and Cheddar Sandwich Baked Tater Tots Seasoned Whole Kernel Corn Orange Smiles</p>	<p>29 Pepperoni Wedge Pizza Golden Crunchy Fish Nuggets Crispy Breadstick Sweet Carrot Coins Red Delicious Apple</p>		<p>If school is closed due to the weather, the menu for that day will be served the day school resumes.</p>	<p>Cal 684 T.Fat 21.56 G S.Fat 6.1 G Chol 44.6 Mg Sodium 1242.35 Mg Carb 94.31 G Fiber 7.2 G Prtn 31.63 G Iron 2.32 Mg Calc 457.24 Mg Vit A 720.37 RE Vit C 23.45 Mg</p>	

Account Balance: Please access your account on-line at www.Germantownschools.org. Make checks payable to: Germantown Food & Nutrition and include your child's name on your payment.