



# February - 2012

## South Pemiscot R-V Public Schools

### Lunch Menu



**[A variety of fruit and milk & a fresh garden salad are offered each day!]**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
Chicken Nuggets* Whipped Potatoes Carrots Mixed Fruit Or Meatloaf & gravy	Hamburger on a bun* French Fries Baked Beans Orange Or Pizza Stick	Baked Chicken Mixed Vegetables Mixed Fruit Dinner Roll Or BBQ Pork Sandwich*	Spaghetti* & Meat Sauce, Garlic Bread, Corn, Apple Or Pizza	Pizza Tossed salad w/ Italian Peaches Chocolate Pudding Or Chicken Snack Wrap
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Chicken Patty Sandwich*, Peas & Carrots, Pears, Fritos Or Meatball Sandwich	Chili Peanut Butter Sandwich Peaches Green beans Or Teriyaki Chicken Bowl*	BBQ Chicken Mixed Vegetables Mixed Fruit Macaroni & cheese* Or Hot Turkey Sandwich	Macho Nachos* Green beans, Spanish Rice*, Apple Or Pizza	Hot Dog on bun* Tossed salad w/ Ranch Baked Beans Banana Or Crispito
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Chicken Nuggets* Fried rice Mixed Vegetables Baked Apples Or Corn Dog*	Cheeseburger*, French fries, Green beans Mandarin Oranges Or Beef & Bean Burrito	Pizza Tossed salad w/ Italian Corn, Applesauce Or Cheesy Breadsticks with Sauce	Meatballs and Pasta* Pears Baby Carrots Breadstick Or Pizza	<b>NO SCHOOL</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>NO SCHOOL PRESIDENTS DAY</b>	Chicken & Dumplings Mixed Fruit Green Beans Dinner Roll Or Buffalo Chicken Wrap	Hot Dog on bun* Fritos Mixed Vegetables Pineapple Or Popcorn Chicken	Soft Tacos Refried Beans Apple Juice Baby Carrots Or Pizza	Hot Ham & Swiss sandwich* Tossed salad w/ Italian Tater Tots Apple, Or Corn Dog*
<b>27</b>	<b>28</b>	<b>29</b>		
Chicken Nuggets* Whipped Potatoes Carrots Mixed Fruit Or Meatloaf & gravy	Hamburger on a bun* French Fries Baked Beans Orange Or Taco Rice Bowl	Baked Chicken Mashed Potatoes & gravy Mixed Vegetables Mixed Fruit Or BBQ Pork sandwich	<i>Did you know?</i> Yogurt, though made from milk is better for you!	Yogurt is high in protein, calcium, riboflavin, vitamins B6 & B12

<b>Elementary BULLDOG PACK</b>				
Turkey & Cheese on a Bun* Carrot & Celery Sticks Applesauce	Bagel & Yogurt Sack Lunch Orange, Baby carrots Peanut Butter	Jr. Ham & Cheese Sub* Animal crackers, Orange Apple Juice	Pizza Bagel Fun Lunch Peaches Baby carrots	PB & J Sandwich* Chips Graham crackers Apple

<b>5<sup>th</sup>-12<sup>th</sup> Grade BULLDOG Sandwich Combo / Salad Option / Grab-n-Go</b>				
Turkey & Cheese Sub * or Chef Salad	Ham & Cheese Sub* or BLT Salad	Turkey & Swiss Sub* or Fried Chicken Salad	Ham & Swiss Sub* or Blackened Chicken Salad	Pepperoni sub* Or Taco Salad

\*This menu item is made with whole grain

Daily milk choices include 1% White, & Skim Chocolate

Foodservice provided by Chartwells. Menu is subject to change without notice. Questions? Please call Hugh McGowan @ 573.718.7299. The School Lunch Program is operated in accordance with U.S. Dept. of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250