



Longmeadow Elementary Schools
February 2012
 Student lunch \$2.25~Reduced price \$.40

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <p>Food Focus: Brown Rice and Whole Grains</p> <p>Simple Ways to Get Whole Grains Into Your Diet</p> <ol style="list-style-type: none"> 1. Add oats to cookies or other desserts 2. Cook with brown rice and whole grain pasta 3. Pop popcorn for a crunchy snack 4. Eat oatmeal! 5. Use whole grain flour in baking recipes 6. Choose whole grain bread, tortillas, bagels, pita bread and rolls | <p>February is Black History Month</p> <p>Authentic Kwanza Sampling</p> | <p>1</p> <p>Pasta Marinara with Parmesan Cheese Seasoned Green Beans Cheesy Garlic Bread Strawberries and Blueberries Fresh Oranges Smiles <i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Banana Cheerio Fun Lunch Yogurt and Ham Cubes</p> <p>Sun butter and Jelly Sandwich</p> | <p>2</p> <p>Chicken Patty Sandwich Fresh Lettuce and Tomato Sweet Potato Wedges</p> <p>Apple Cranberry Crisp <i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Chicken Nuggets with Tater Tots Baby Carrots with Dip</p> <p>Sun butter and Jelly Sandwich</p> | <p>3</p> <p>Homemade Fresh Cheese Pizza Romaine Salad Crisp Apples & Grapes</p> <p><i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Garden Salad with Turkey and Cheese WG Dinner Roll</p> <p>Sun butter and Jelly Sandwich</p> |
| <p>6</p> <p>Crispy Chicken Wrap Oven Wedges Spinach Salad Crisp Apple</p> <p><i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Mozzarella Cheese Stuffed Pizza Sticks with Marinara</p> <p>Sun butter and Jelly Sandwich</p> <p>LUCKY TRAY DAY</p> | <p>7</p> <p>Toasty Meatball Sub with Cheese on a Whole Grain Mini Sub Roll Chick Pea Salad Chilled Pears</p> <p><i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Bagel Fun Lunch w/ Cream Cheese, Yogurt, Carrots and Orange Slices</p> <p>Sun butter and Jelly Sandwich</p> | <p>8</p> <p>Cheesy Macaroni and Cheese Seasoned Broccoli Warm WG Roll Fresh Orange Slices</p> <p><i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Banana Cheerio Fun Lunch Yogurt and Ham Cubes</p> <p>Sun butter and Jelly Sandwich</p> | <p>9</p> <p>Breakfast for Lunch Whole Wheat Pancakes Syrup or Hot Cinnamon Apples Scrambled Eggs Seasoned Roasted Home fries Strawberries and Blueberries</p> <p><i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Chicken Nuggets with Tater Tots Baby Carrots with Dip</p> <p>Sun butter and Jelly Sandwich</p> | <p>10</p> <p>Homemade Fresh Cheese Pizza Garden Salad with LF Italian Dressing Chilled Fruit topped with Kiwi</p> <p><i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Garden Salad with Turkey and Cheese WG Dinner Roll</p> <p>Sun butter and Jelly Sandwich</p> |
| Our daily milk choices are SKIM, 1% and lowfat Chocolat(<1%). | | | | |
| <p>13</p> <p>WG Chicken Nuggets with Honey Mustard Dipping Sauce Tater Tots Fresh Carrot Sticks Chopped Romaine Caesar Salad with Croutons Chocolate Pudding <i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Mozzarella Cheese Stuffed Pizza Sticks with Marinara</p> <p>Sun butter and Jelly Sandwich</p> | <p>14</p> <p>Hot Dog on WG Bun Mustard, Ketchup and Relish Oven Fries New England Style Baked Beans with LG Apple</p> <p><i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Bagel Fun Lunch w/ Cream Cheese, Yogurt, Carrots and Orange Slices</p> <p>Sun butter and Jelly Sandwich</p> | <p>15</p> <p>Pasta with Meat sauce Mixed Vegetable WG Parmesan Breadstick Fresh Locally Grown Apple Slices with Dip</p> <p><i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Banana Cheerio Fun Lunch Yogurt and Ham Cubes</p> <p>Sun butter and Jelly Sandwich</p> | <p>16</p> <p>Mini WG Turkey Sausage Corn Dogs Baked Potato Wedges New England Baked Beans Strawberries topped with non dairy Topping</p> <p><i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Banana Cheerio Fun Lunch Yogurt and Ham Cubes</p> <p>Sun butter and Jelly Sandwich</p> | <p>17</p> <p>Homemade Fresh Cheese Pizza Caesar Salad Raisin Packs</p> <p><i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Garden Salad with Turkey and Cheese WG Dinner Roll</p> <p>Sun butter and Jelly Sandwich</p> |
| Our daily milk choices are SKIM, 1% and lowfat Chocolat(<1%). | | | | |
| <p>20</p> <p>Winter Break</p>  | <p>21</p> | <p>22</p> | <p>23</p> | <p>24</p> |
| Our daily milk choices are SKIM, 1% and lowfat Chocolat(<1%). | | | | |
| <p>27</p> <p>Chicken Patty Sandwich Fresh Lettuce and Tomato Potato Wedges Spinach Salad with Oranges and Italian Dressing Chocolate Pudding Parfait</p> <p><i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Mozzarella Cheese Stuffed Pizza Sticks with Marinara</p> <p>Sun butter and Jelly Sandwich</p> | <p>28</p> <p>Lasagna Roll Ups Seasoned Green Beans Tossed Garden Salad Garlic Bread Orange Smiles</p> <p><i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Bagel Fun Lunch w/ Cream Cheese, Yogurt, Carrots and Orange Slices</p> <p>Sun butter and Jelly Sandwich</p> | <p>29</p> <p>Cheeseburger on WG Bun Lettuce and Tomato Oven Fries Celery Sticks Chilled Peaches</p> <p><i>Additional Fruit and Veggie Selection</i></p> <p>Alternate: 🍌 Chicken Nuggets with Tater Tots Baby Carrots with Dip</p> <p>Sun butter and Jelly Sandwich</p> <p>February Birthday Day</p> | <p>The National School Lunch Program is operated in accordance with U.S. Department 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</p> | |