

FUEL ANALYSIS: Avg. Calories: **600 Calories**
Calories From Protein: **18%** Carbs: **54%** Fat: **28%** Sat. Fat: **9%**

Breakfast and Lunch Menus

STUFF YOU SHOULD KNOW

Lunch Prices:

Lunch: \$2.45 or \$46.55 for February
Reduced: \$0.40 or \$7.60 for February
Adult Meal: \$3.60

Breakfast Prices:

Paid: \$1.40 or \$26.60 for February
Reduced: Free
Adults: \$1.65

Extra Items:


Extra Entree \$1.90
Extra Bread \$.55
Extra Fruit or Vegetables..... **FREE**
Extra Dessert \$.55
Milk \$.45
Yogurt \$.60
10 oz. Bottled Water \$.60
4 oz. Juice \$.45

SUPER BOWL!!











1 FRIDAY

ENERGY ENTRÉE

Hot Dog on a Bun 
– or –
Chicken Strips with a
Whole Grain Dinner Roll*




SMART SIDES

Potato Chips
Caesar Salad
Baby Carrot Sticks
Fresh Pineapple
Mixed Fruit

4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY	8 FRIDAY
ENERGY ENTRÉE Chicken Patty on a Whole Grain Bun* – or – Garlic Cheesy Bread* with Marinara Sauce  SMART SIDES Green Beans Baby Carrot Sticks Celery Sticks Grapes Strawberries	ENERGY ENTRÉE Macaroni and Cheese*  – or – Hamburger on a Bun SMART SIDES Spinach Salad with Fat Free Dressing Choices Oven Fries Fresh Broccoli Fresh Kiwi Pears	ENERGY ENTRÉE Salad Bar with choice of Grilled Cheese Sandwich*  – or – Pizza Crunchers* with Marinara Sauce SMART SIDES Lettuce Salad with Fat Free Dressing Choices Jicama Sticks Cucumber Slices Garbanzo Beans Mixed Fruit Fresh Orange Smiles	ENERGY ENTRÉE Mini Blueberry Pancakes* with a Colby Cheese Omelet  – or – Chicken Quesadilla* SMART SIDES Potato Rounds Shredded Lettuce with Fat Free Dressing Choices Diced Tomatoes Banana Applesauce	ENERGY ENTRÉE Mini Cheese Pizza Bagels*  – or – Super Beef Nachos SMART SIDES Shredded Lettuce with Fat Free Dressing Choices Diced Tomatoes Refried Beans Fresh Apple Peach Cup
11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 FRIDAY
ENERGY ENTRÉE Oven Fried Chicken with Mashed Potatoes and Gravy Whole Wheat Dinner Roll* – or – The Max Stuffed Crust Cheese Pizza Slice*  SMART SIDES Baby Carrot Sticks Celery Sticks Green Beans Grapes Applesauce	ENERGY ENTRÉE Shrimp Poppers with Mini Garlic Toast – or – Mini Burgers SMART SIDES Spinach Salad with Fat Free Dressing Choices Calico Beans Fresh Kiwi Pears	ENERGY ENTRÉE Teriyaki Chicken Dippers and Steamed Brown Rice* with a Vegetable Eggroll and a Fortune Cookie – or – Grilled Cheese Sandwich*  SMART SIDES Crunchy Asian Salad Golden Corn Mixed Fruit Pineapple with Mandarin Oranges	<i>Happy Valentine's Day</i> ENERGY ENTRÉE Cinnamon French Toast Sticks with Trix Yogurt  – or – Chicken Nuggets with Whole Grain Dinner Roll* SMART SIDES Potato Rounds Baby Carrot Sticks Banana Strawberries Cup DESSERT Raspberry Sherbet	ENERGY ENTRÉE Build your own Mini Pizza – or – Chicken Fingers with a Whole Grain Dinner Roll* SMART SIDES Caesar Salad Fresh Broccoli Fresh Cauliflower Fresh Orange Smiles Peaches

LUNCH

FEBRUARY 2013

18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY
NO SCHOOL	ENERGY ENTRÉE Beef Soft Taco* – or – Chicken Patty on a Whole Grain Bun* SMART SIDES Oven Fries Shredded Lettuce Salad Diced Tomatoes Fresh Apple Mixed Fruit	ENERGY ENTRÉE Orange Chicken with a Vegetable Eggroll Steamed Brown Rice* and Fortune Cookie – or – Whole Grain Mini Corn Dogs*  SMART SIDES Spinach Salad with Fat Free Dressing Choices Baby Carrot Sticks Pears Pineapple Tidbits	ENERGY ENTRÉE Whole Grain Pasta* with Meat Sauce and Mini Garlic Toast – or – Chicken Nuggets with Mini Garlic Toast SMART SIDES Caesar Salad Fresh Broccoli Fresh Cauliflower Banana Peaches	DOMINO'S CHEESE PIZZA*   SMART SIDES Shredded Lettuce with Fat Free Dressing Choices Diced Tomatoes Golden Corn Black Beans Fresh Orange Smiles Applesauce

25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY
ENERGY ENTRÉE Turkey Sub Sandwich* – or – The Max Stuffed Crust Cheese Pizza Slice*  SMART SIDES Green Beans Baby Carrot Sticks Mixed Fruit Pears	ENERGY ENTRÉE Oven Fried Chicken Drumstick Whole Grain Dinner Roll* – or – Chili with Cornbread* and Saltines SMART SIDES Oven Fries Spinach Salad with Fat Free Dressing Choices Jicama Sticks Strawberries Peach Cups	ENERGY ENTRÉE Taco in a Doritos Chip Bag with Brown Rice* – or – Whole Grain Mini Corn Dogs*  SMART SIDES Shredded Lettuce with Fat Free Dressing Choices Diced Tomatoes Baby Carrot Sticks Refried Beans Grapes · Mixed Fruit	ENERGY ENTRÉE Turkey and Gravy over Mashed Potatoes with a Whole Grain Dinner Roll* – or – Chicken Nuggets with a Whole Grain Dinner Roll* SMART SIDES Green Beans Celery Sticks Clementines Applesauce

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STUFF YOU SHOULD KNOW

- All meals served with your choice of Skim, 1% or Chocolate skim milk.
- Lactose reduced milk shall be made available upon written request from parent/guardian.
- Cheese Sandwiches available on a daily basis upon request.

Menus and Nutrition Info on the Web:
www.moundsvIEWSschools.org/nutritionservices/foodmenus.asp

District Wellness Website:
www.moundsvIEWSschools.org/Wellness.asp


Online Accounts: www.paypams.com

You can set up a Fee Pay account thru SchoolView.

If you would like to block your student's account from purchasing extra items, please call the cashier at your school.

BREAKFAST

Choose one Breakfast entrée.
All breakfasts served with Fruit or Fruit Juice, and Milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1: Weeks beginning February 4 and 18				
Cheese Omelet – or – Cold Cereal with Cinnamon Bread	French Toast Sticks – or – Cold Cereal with Granola Bar*	Breakfast Sandwich* – or – Cold Cereal with Fruit Yogurt	Waffle* – or – Cold Cereal with Nutri Grain Bar	Cook's Special – or – Cold Cereal with Fruit Yogurt
WEEK 2: Weeks beginning February 1, 11 and 25				
Pancake and Sausage Bites – or – Cold Cereal w/Giant Goldfish Cinnamon Grahams 	Fruit and Granola Yogurt Parfait – or – Cold Cereal with Granola Bar*	Breakfast Roll Up – or – Cold Cereal with Fruit Yogurt	Pancakes* – or – Cold Cereal with Belly Bears*	Cook's Special – or – Cold Cereal with Fruit Yogurt