



# February 2012

## Challand Middle School Lunch Menu

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

<p>Start your day off the healthy way by choosing a nutritional breakfast Served daily in the café from 7:15-7:45 <b>Now Offering Hot Chocolate!!</b></p> 		<p><b>1</b> Cheese Enchiladas  Refried Beans Applesauce</p>	<p><b>2</b> Baked Chicken Corn Bread  Broccoli Cuts Mixed Fruit</p>	<p><b>3</b> Chicken Noodle Soup with Grilled Cheese or Salad Peas &amp; Carrots Sweet Peaches</p>
<p><b>6</b> WG Chicken Nuggets Whole Grain Rice  Sweet Potatoes Mandarin Oranges</p>	<p><b>7</b> Pizza Burger  Savory Green Beans Chilled Pears</p>	<p><b>8</b> Pasta Bowl Garlic Toast  Garden Peas Mixed Fruit</p>	<p><b>9</b> Beef &amp; Bean Nachos  Kickin' Pintos Applesauce</p>	<p><b>10</b> Buffalo Chicken Pizza  Side Salad Fruity Jello</p>
<p><b>13</b> Chili Dog  Sweet Corn Niblets Mixed Fruit</p>	<p><b>14</b> Soft Shell Chicken Tacos  Refried Beans Hot Cinnamon Apples</p>	<p><b>5</b> <u>Early Dismissal</u> *Ham &amp; Cheese Deli Baby Carrots Banana</p>	<p><b>16</b> Macaroni &amp; Cheese Bread Slice  Savory Green Beans Sweet Peaches</p>	<p><b>17</b> Buffalo Chicken Sandwich  Sliced Carrots Applesauce</p>
<p><b>20</b> <u>No School</u> <u>President's Day</u></p>	<p><b>21</b> Cajun Chicken  Red Beans &amp; Rice Chilled Pears</p>	<p><b>22</b> Toasted Cheese  Garden Peas Sweet Peaches</p>	<p><b>23</b> *BBQ Rib  Side Salad Mixed Fruit</p>	<p><b>24</b> Fish Po'Boy  Corn on the Cob Applesauce</p>
<p><b>27</b> Beef &amp; Bean Burrito  Savory Green Beans Sweet Peaches</p>	<p><b>28</b> Chicken Parmesan w/Pasta  Sliced Carrots Chilled Pears</p>	<p><b>29</b> Baked Corn Dog  Baked Beans Pineapple Tidbits</p>	<p><b>100 Calorie Snack Ideas</b> ~ 28 Grapes ~ ½ cup oatmeal with ¼ cup berries ~ ½ cup of unsweetened applesauce with strips of toast for dipping ~ 6-8 oz of low-fat yogurt</p>	

**FUEL up with "Cajun Cuisine" selections throughout the week!**

**More Info...**  
Full.....\$1.85  
Reduced...\$.40  
*Free for all students who qualify.*

**Milk Ala Carte**  
\$.35 per carton

**Daily Beverage Selections:**  
1% white milk  
Skim milk  
Skim chocolate  
100% fruit juice

\*=may contain pork products



**Variety of Ala Carte items available daily**

Food Service Office  
622-4153  
Linett Sturch  
Food Service Director

**Combo Meal**

**Choose your Entrée** – hamburger, cheeseburger, breaded chicken sandwich, homemade pizza, nachos, salads, deli subs, soft wheat pretzels, pbj, cheese sandwich and daily special

**Choose up to 2 sides & milk** – variety of fresh fruits & veggies, featured daily fruit & veggie, 100% fruit juice & grain.

Menus are subject to change without notice.

