

February 2010

Northwest Laurens Elementary



February is National Heart Month.
 Check out heart healthy tips at
[www.americanheart.org!](http://www.americanheart.org)

Variety of 1% or Skim Milk Offered Daily at Breakfast and Lunch
 Variety of 100% Fruit Juice Offered Daily at Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
1 Personal Pan Pizza Tater Tots Steamed Broccoli Mandarin Oranges Milk Choice <u>Breakfast:</u> Steak Biscuit or Cereal w/ Graham Crackers	2 BBQ Chicken Chunks Turnips Black – Eyed Peas Pineapple Tidbits Cornbread Milk Choice <u>Breakfast:</u> Chicken Biscuit or Cereal w/ Blueberry Muffin	3 Chicken Noodle Soup Grilled Cheese Sandwich Saltine Crackers Fruit Freeze Fresh Fruit Milk Choice <u>Breakfast:</u> French Toast Sticks w/ Sausage or Cereal w/ Yogurt	4 Hamburger Potato Triangles Lettuce Pickle Slices Fruit Salad Milk Choice <u>Breakfast:</u> Eggs & Toast or Cereal w/ Breakfast Bun	5 Turkey Tetrazzini Steamed Carrots Fried Okra Jell-O w/ Fruit Yeast Roll Milk Choice <u>Breakfast:</u> Breakfast Pizza (Sausage & Gravy) or Cereal w/ Blueberry Pop Tart
8 Chick Filet Strips Creamed Potatoes Green Beans Fruit Applesauce Yeast Roll Milk Choice <u>Breakfast:</u> Sausage & Biscuit or Cereal w/ Granola Bar	9 Hot Ham & Cheese Sandwich French Fries Baked Beans Pickle Spear Dirt Cake Milk Choice <u>Breakfast:</u> Breakfast Pizza (Sausage & Cheese) or Cereal w/ Breakfast Muffin	10 Vegetable Beef Soup PB& J Sandwich Baked Beans Saltine Crackers Cherry Juice Bar Fresh Fruit Milk Choice <u>Breakfast:</u> Pancakes & Sausage or Cereal w/ Graham Crackers	11 Hamburger on Bun Tater Tots Garden Salad Fruit Freeze Milk Choice <u>Breakfast:</u> Ham Biscuit or Cereal w/ WW Breakfast Bar	12 <i>Winter Break</i>
15 <i>Presidents' Day</i>	16 Hot Dog on Bun Curly Fries Cole Slaw Sunshine Bar Milk Choice <u>Breakfast:</u> Chicken Biscuit or Cereal w/ Blueberry Muffin	17 Chicken Nuggets Tater Babies Green Peas Chilled Pears Yeast Roll Milk Choice <u>Breakfast:</u> French Toast Sticks w/ Sausage or Cereal w/ Yogurt	18 Cheeseburger On Bun Curly Fries Lettuce Leaf Fresh Fruit Milk Choice <u>Breakfast:</u> Eggs & Toast or Cereal w/ Breakfast Bun	19 Beefaroni Garden Salad Green Beans Juice Bar Yeast Roll Milk Choice <u>Breakfast:</u> Breakfast Pizza (Sausage & Gravy) or Cereal w/ Blueberry Pop Tart
22 Grilled Chick Filet Sandwich Sweet Potato Fries Green Beans Sherbet Cup Milk Choice <u>Breakfast:</u> Sausage & Biscuit or Cereal w/ Granola Bar	23 Philly Cheese Sandwich Corn Nuggets Lettuce & Tomato Chilled Peaches Milk Choice <u>Breakfast:</u> Breakfast Pizza (Sausage & Cheese) or Cereal w/ Breakfast Muffin	24 Chick Filet on Bun Macaroni & Cheese Lima Beans Fresh Fruit Milk Choice <u>Breakfast:</u> Pancakes & Sausage or Cereal w/ Graham Crackers	25 Chili w/ Saltines Grilled Cheese Sandwich Raw Baby Carrots & Dip Frozen Fruit Cup Milk Choice <u>Breakfast:</u> Ham Biscuit or Cereal w/ WW Breakfast Bar	26 Fish Nuggets & Hushuppies Cole Slaw Curly Fries Fresh Fruit Milk Choice <u>Breakfast:</u> Waffles w/ Sausage Patty or Cereal w/ Strawberry Pop Tart

Menu subject to change due to USDA commodity deliveries
 Laurens County Schools is equal opportunity employer and provider.