



# The School District of Palm Beach County

[www.palmbeachschools.org/sfs](http://www.palmbeachschools.org/sfs)

## Grab & Go Breakfast February 2012

Parents are encouraged to prepay online for students meals. The link is provided on our website.





Monday

Tuesday

Wednesday

Thursday

Friday

 <p>To find nutrition facts about school meals, visit Health-e Living! The link is provided on our website!</p>	 <p>Online Meal Payments</p>	<p>1 Breakfast Quesadilla Assorted Cold Cereal Graham Crackers</p>	<p>2 Sausage &amp; Cheese Breakfast Bagel Maple Chip Pancakes</p>	<p>3 Ham &amp; Cheese Stuffed Biscuit Assorted Cold Cereal Graham Crackers</p>
<p>6 Cinnamon French Toast Breakfast Breaks</p>	<p>7 Cheese Omelet Honey Wheat Biscuit Blueberry Waffle</p>	<p>8 Pancake Sausage Sandwich Assorted Cold Cereal Graham Crackers</p>	<p>9 Breakfast Burrito Breakfast Rounds</p>	<p>10 Mini Breakfast Sandwich Assorted Cold Cereal Graham Crackers</p>
<p>13 Pancake Sausage Wrap Breakfast Breaks</p>	<p>14 Breakfast Pocket Honey Wheat Donut</p>	<p>15 Breakfast Quesadilla Assorted Cold Cereal Graham Crackers</p>	<p>16 Sausage &amp; Cheese Breakfast Bagel Maple Chip Pancakes</p>	<p>17 Ham &amp; Cheese Stuffed Biscuit Assorted Cold Cereal Graham Crackers</p>
<p>20 <b>President's Day</b> </p>	<p>21 Cheese Omelet Honey Wheat Biscuit Blueberry Waffle</p>	<p>22 Pancake Sausage Sandwich Assorted Cold Cereal Graham Crackers</p>	<p>23 Breakfast Burrito Frudel</p>	<p>24 Mini Breakfast Sandwich Assorted Cold Cereal Graham Crackers </p>
<p>27 Pancake Sausage Wrap Breakfast Breaks</p>	<p>28 Breakfast Pocket Honey Wheat Donut</p>	<p>29 Breakfast Quesadilla Assorted Cold Cereal Graham Crackers</p>	<p><b>February is American Heart Month!</b> Focus on the prevention of cardiovascular disease:</p> <ul style="list-style-type: none"> <li>• Get the whole family physically active. Take walks, ride bikes, go swimming, garden or play tag.</li> <li>• Make a game of reading food labels to choose healthy, low-fat, high-fiber foods.</li> </ul>	
<p>For a complete meal, students may select <b>one entrée</b> that can include a <b>GRAIN/BREAD, MEAT/MEAT ALTERNATE, ONE FRUIT CHOICE (FRESH FRUIT, CUPPED FRUIT OR 100% FRUIT JUICE)</b> and a <b>CHOICE OF MILK</b> Menu is subject to changes.</p>				

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## Elementary Lunch Menu February 2012



Calci M. Bone

Parents are encouraged to prepay online for students meals. The link is provided on our website.

Monday

Tuesday

Wednesday

Thursday

Friday

Daily Offerings	THE ORGANWISE GUYS	1	2	3
Monday/Wednesday/Friday PB & J & Cheese Stick  Tuesday/Thursday Muffin, Yogurt, & Cheese		Chicken Fajita Hot Ham & Cheese Sandwich PB & J & Cheese Stick Yellow Rice* Black Beans	BBQ Pork Platter Hamburger Mini-Mandarin Chicken Salad Muffin Platter Potato Sticks Cole Slaw	"Fresh From the Farm" Teriyaki Chicken w/Rice Pizza PB & J & Cheese Stick Fresh Green Beans
6 Chicken Parmesan Sandwich Beef Taco Wedges PB & J & Cheese Stick Peas & Carrots	7 Traditional or Fiesta Beefaroni w/Breadstick Corn dog Muffin Platter California Blend 	8 Barbecued Chicken w/Roll Stuffed Crust Pizza PB & J & Cheese Stick Sweet Potato Bake  February is American Heart Month! 	9 Cuban Pork w/Roll Chicken Patty Sandwich* Muffin Platter Black Beans Mixed with Rice* Sliced Sweet Plantains Garden Salad	10 "Fresh From the Farm" Fiesta Pizza Fish Sticks w/Roll PB & J & Cheese Stick Corn-on-the-Cob
13 Cheeseburger Hot Dog PB & J & Cheese Stick Baked Beans	14 <b>Valentine Special</b> Penne Pasta & Meat Sauce or Meatballs w/Breadstick Grilled Cheese Sandwich Muffin Platter Broccoli Garden Salad <b>Sweet Heart Italian Ice</b>	15 Chicken Tenders w/Roll Sloppy Joe Sandwich PB & J & Cheese Stick Sweet Potato Wedges	16 Meatloaf w/Roll Gravy Chicken Patty Sandwich Garden Salad Deluxe Muffin Platter Mashed Potatoes	17 "Fresh From the Farm" Teriyaki Chicken w/Rice Pizza PB & J & Cheese Stick Fresh Green Beans 
 To find nutrition facts about school meals, visit Health-e Living! The link is provided on our website!	21 Macaroni & Cheese w/Roll Meatball Sub Muffin Platter Broccoli	22 Oven Roast Chicken w/Roll Cheesy Burrito PB & J & Cheese Stick Brown Rice* Spinach with Cheese	23 Turkey Roast w/Roll Gravy Chicken Patty Sandwich Muffin Platter Mashed Potatoes Garden Salad	24 "Fresh From the Farm" Soft Taco Stuffed Crust Pizza PB & J & Cheese Stick Brown Rice* Corn-on-the-Cob
27 Chicken Nuggets w/Roll Vegetarian Chili w/Corn Chips PB & J & Cheese Stick Brown Rice* Caribbean Blend	28 <b>FCAT Writes</b> Chicken Patty Sandwich Grilled Cheese Sandwich Muffin Platter Sweet Peas	29 Chicken Fajita Hot Ham & Cheese Sandwich PB & J & Cheese Stick Yellow Rice* Black Beans	During the month of February schools will focus on good fats and low-fat dairy as <b>The OrganWise Guys - Foods of the Month!</b> Look for them in the school cafeteria.	

For a complete meal, students may select **one entrée** (which may include a **GRAIN/BREAD & MEAT/MEAT ALTERNATE**), **two different FRUIT/VEGETABLES** and a **CHOICE OF MILK**. Each day: a **WHOLE GRAIN BREAD PRODUCT**, (2) **FRESH FRUITS**, (2) **CUPPED FRUITS**, (2) **SALAD CUPS**, **100% FRUIT JUICE**, and a **CHOICE OF MILK** are offered. An asterisk (\*) indicates a **BONUS ITEM**. The **BONUS ITEM** may be selected as an extra bread/grain in addition to the bread/grain that already comes with the main entrée.

Menu is subject to changes.

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