

# February

2010

**Averill Park  
Elementary Schools**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Dog on Wheat Bun Crinkle Cut French Fries Assorted Fruit Chilled Low Fat Milk	2 Chicken Nuggets Mashed Potatoes w/gravy Wheat Bread Assorted Fruit	3 Tomato Soup Grilled Cheese Sandwich Assorted Fruit Chilled Low Fat Milk	4 Hot Meatball Sub Green Beans Assorted Fruit Chilled Low Fat Milk	5 CHEESE PIZZA Vegetable Assorted Fruit Chilled Low Fat Milk
8 Tomato Soup Grilled Cheese Sandwich Assorted Fruit Chilled Low Fat Milk	9 Cheeseburger /Wheat Bun lettuce, tomato,cheese Whole Kernel Corn Assorted Fruit Chilled Low Fat Milk	10 Two Soft Shell Beef Tacos w/lettuce & cheese Assorted Fruit Chilled Low Fat Milk	11 Hot Dog on Wheat Bun Baked Potato Assorted Fruit Chilled Low Fat Milk	12 CHEESE PIZZA Vegetable Assorted Fruit Chilled Low Fat Milk
15 16 17 <b>Presidents' Day Recess Feb. 15th - 17th</b>				
22 French Toast Sticks with/syrup Golden Hash Brown Turkey Sausage Patty Assorted Fruit Chilled Low Fat Milk	23 Grilled Chicken Sandwich WheatBun,Lettuce,Tomato Smiley Fries Assorted Fruit Chilled Low Fat Milk	24 Rotini w/ Meat Sauce or Marinara Sauce Steamed Broccoli Wheat Bread Assorted Fruit Chilled Low Fat Milk	25 Turkey Burger on Wheat Bun lettuce, tomato, cheese Whole Kernel Corn Assorted Fruit Chilled Low Fat Milk	26 CHEESE PIZZA Vegetable Assorted Fruit Chilled Low Fat Milk

**Daily Choices:**

1. Hot Lunch featured on menu
2. Soup and Sandwich (on wheat roll or wrap) or
3. Soup and Chef Salad (lettuce, tomato, cukes)  
Sandwich & Salad Choices: Turkey, Ham, Cheese,  
Tuna Salad, Egg Salad

**Assorted Fresh & Canned Fruit  
Low Fat Milk: fat free(skim),  
1% and 1% chocolate**

