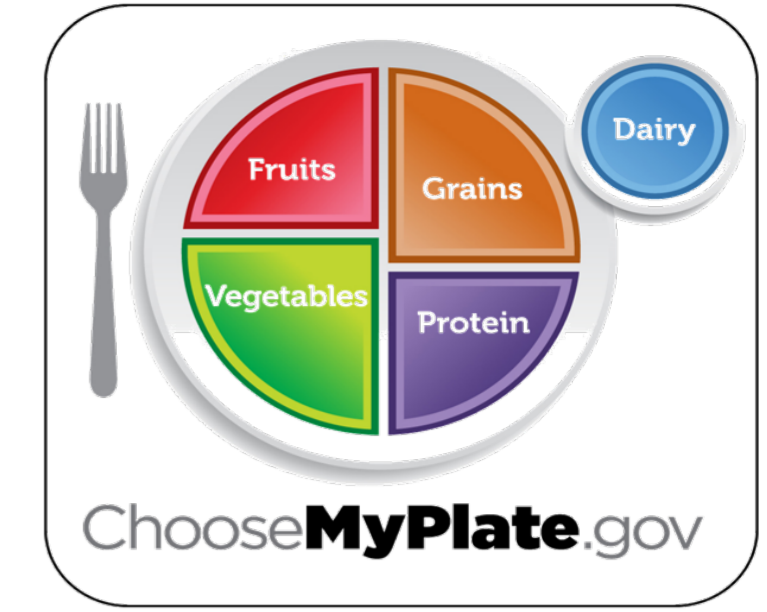




# Elementary Lunch Menu

## February 2012

General Manager, Jim Mandichak, 444-3251



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1-Feb</b>	<b>2-Feb</b>	<b>3-Feb</b>
		<u>Pulled Barbeque Pork Sandwich</u> or <u>Chicken Patty on a Bun</u> <b>Featured Veggie:</b> Steamed Corn Choice of Fruit Choice of Milk	<u>Nacho Grande with Cheese</u> or <u>Ham and Cheese Wrap</u> <b>Featured Veggie:</b> Steamed Mixed Veggies Choice of Fruit Choice of Milk	<u>Italian Dunkers with Pizza Sauce</u> or <u>Turkey &amp; Cheese Quesadilla</u> <b>Featured Veggie:</b> Steamed Broccoli Choice of Fruit Choice of Milk
<b>6-Feb</b>	<b>7-Feb</b>	<b>8-Feb</b>	<b>9-Feb</b>	<b>10-Feb</b>
<u>General Tso's Chicken with Brown Rice</u> or <u>BBQ Rib Sandwich</u> <b>Featured Veggie:</b> Steamed Peas & Carrots Choice of Fruit Choice of Milk	<u>Hearty Chicken Soup w/ Whole Wheat Roll</u> or <u>Hamburger on a Bun</u> <b>Featured Veggie:</b> Oven Baked French Fries Choice of Fruit Choice of Milk	<u>Popcorn Chicken with Breadstick</u> or <u>Italian Wrap</u> <b>Featured Veggie:</b> Scalloped Potatoes Choice of Fruit Choice of Milk	<u>Whole Grain Pasta with Meatballs &amp; Sauce / Roll</u> or <u>Turkey &amp; Cheese Hoagie</u> <b>Featured Veggie:</b> Small Garden Salad Choice of Fruit Choice of Milk	<u>Pepperoni Pizza</u> or <u>Tuna Melt</u> <b>Featured Veggie:</b> Steamed Green Beans Choice of Fruit Choice of Milk
<b>13-Feb</b>	<b>14-Feb</b>	<b>15-Feb</b>	<b>16-Feb</b>	<b>17-Feb</b>
<u>Soft Shell Taco w/cheese and lettuce</u> or <u>Chicken Tenders w/Roll</u> <b>Featured Veggie:</b> Steamed Mixed Veggies Choice of Fruit Choice of Milk	<u>Hot Turkey Sandwich</u> or <u>Ham &amp; Cheese Croissant</u> <b>Featured Veggie:</b> Whipped Potatoes/Gravy Choice of Fruit Choice of Milk	<u>Popcorn Chicken with Wheat Roll</u> or <u>Philly Steak Hoagie</u> <b>Featured Veggie:</b> Broccoli w/ Cheddar Sauce Choice of Fruit Choice of Milk	<u>Italian Meatball Hoagie</u> or <u>Chicken Patty on a Bun</u> <b>Featured Veggie:</b> Mexicali Corn Choice of Fruit Choice of Milk	<u>Cheese Pizza</u> or <u>Fish Nuggets</u> <b>Featured Veggie:</b> Small Garden Salad Choice of Fruit Choice of Milk
<b>20-Feb</b>	<b>21-Feb</b>	<b>22-Feb</b>	<b>23-Feb</b>	<b>24-Feb</b>
<u>SCHOOLS CLOSED</u>  <u>PRESIDENTS DAY</u>	<u>Ham and Cheese Wrap</u> or <u>Toasted Cheese Sandwich</u> <b>Featured Veggie:</b> Tomato Soup Choice of Fruit Choice of Milk	<u>Apple French Toast with Sliced Ham &amp; Syrup</u> or <u>Macaroni &amp; Cheese/Roll</u> <b>Featured Veggie:</b> Oven Ready Tator Tots Choice of Fruit Choice of Milk	<u>Chicken Nuggets with Breadstick</u> or <u>Grilled Turkey Hotdog/Bun</u> <b>Featured Veggie:</b> Oven Baked Beans Choice of Fruit Choice of Milk	<u>French Bread Pepperoni Pizza</u> or <u>Oven Baked Fish Wedge/Bun</u> <b>Featured Veggie:</b> Orange Glazed Carrots Choice of Fruit Choice of Milk
<b>27-Feb</b>	<b>28-Feb</b>	<b>29-Feb</b>		
<u>Chicken Fajitas with Cheese and Lettuce</u> or <u>Hamburger on a Bun</u> <b>Featured Veggie:</b> Oven Baked Fries Choice of Fruit Choice of Milk	<u>Chicken &amp; Gravy w/ Biscuit</u> or <u>Italian Wrap</u> <b>Featured Veggie:</b> Steamed Corn Choice of Fruit Choice of Milk	<u>Pulled Barbeque Pork Sandwich</u> or <u>Chicken Patty on a Bun</u> <b>Featured Veggie:</b> Scalloped Potatoes Choice of Fruit Choice of Milk		

**Student Paid Lunch \$1.40**

**Student Reduced Lunch \$0.40**

**Adult Lunch 2.90**

**What's a Meal?**

You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of 2 fruits and/or 2 vegetables, grain/ bread and choice of milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, Fat Free Strawberry).

**LEAVE YOUR LUNCH BOX AT HOME!  
DAILY ENTRÉE OPTIONS INCLUDE:**

Featured Salad: Low Fat Cottage Cheese with Fruit on Greens  
 Garden Salad w/ Whole Wheat Roll  
 PB&J w/ Mozzarella Cheese Stick  
 Yogurt Parfait with Mozzarella Cheese Stick  
 Featured Sandwich or Wrap: Turkey & Cheese Hoagie

**Daily Fruit/Vegetable Selections**

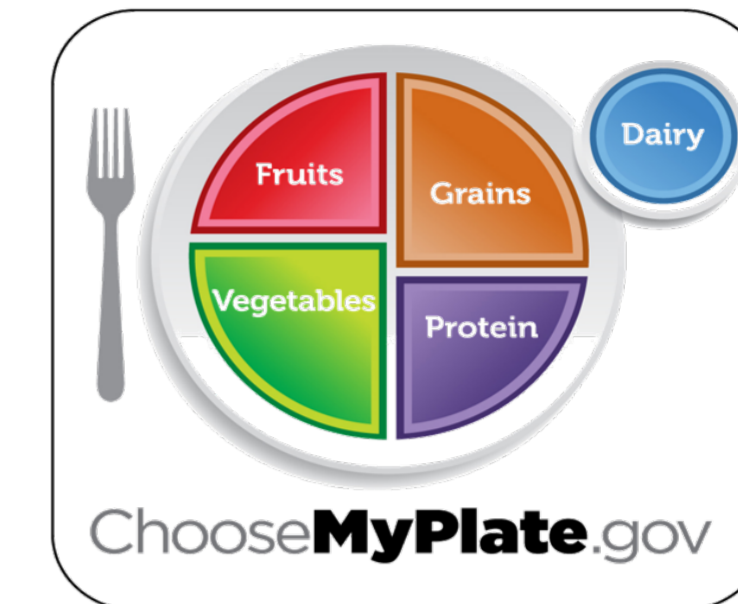
**May Include:**

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Mellon, Strawberries, Applesauce, Pineapple, Mandarin Oranges, Spring Salad, Celery Sticks, Carrot Sticks, Broccoli, Cauliflower, Cucumbers, and Peppers.



## Nutritious Definition of the Month: Dental Hygiene:

The practice of keeping the mouth, teeth, and gums clean and healthy to prevent disease, as by regular brushing and flossing and visits to a *dentist*.



## CHEF METZ INVESTIGATES: DENTAL HEALTH MONTH

### FAST FACTS:

- Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health.
- Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums. This year's theme is **ROCK YOUR SMILE**.
- TOOTH DECAY (CAVITIES AND DENTAL CARIES) AND GUM DISEASE ARE CAUSED BY COLONIES OF BACTERIA THAT CONSTANTLY COAT THE TEETH WITH A STICKY FILM CALLED PLAQUE. IF PLAQUE IS NOT BRUSHED AWAY, THESE BACTERIA BREAK DOWN THE SUGARS AND STARCHES IN FOODS TO PRODUCE ACIDS THAT WEAR AWAY THE TOOTH ENAMEL. THE PLAQUE ALSO HARDENS INTO TARTAR, WHICH CAN LEAD TO GUM INFLAMMATION, OR GINGIVITIS.
- A WELL-BALANCED DIET PROVIDES THE MINERALS, VITAMINS, AND OTHER NUTRIENTS ESSENTIAL FOR HEALTHY TEETH AND GUMS. FLUORIDE, OCCURRING NATURALLY IN FOODS AND WATER, OR ADDED TO THE WATER SUPPLY, CAN BE A POWERFUL TOOL IN FIGHTING DECAY. IT CAN REDUCE THE RATE OF CAVITIES BY AS MUCH AS 60 PERCENT.
- CALCIUM IS NEEDED FOR HEALTHY TEETH AND GUMS. LOW-FAT DAIRY PRODUCTS, CANNED SALMON OR SARDINES (WITH BONES), ALMONDS, AND DARK GREEN LEAFY VEGETABLES ARE EXCELLENT SOURCES OF CALCIUM.
- Milk, cheese, soybeans and tofu are rich in calcium, which is an essential mineral for good bones and teeth.
- Fortified breakfast cereals and oily fish are good sources of vitamin D. These foods help to keep up levels of calcium in the blood.

## Scout the Eco Eagle Focuses on: Global Warming



### What is Global Warming?

Global warming refers to the rising [average temperature](#) of [Earth's](#) atmosphere and oceans and its projected continuation. In the last 100 years, Earth's average surface temperature increased by about 0.8 °C (1.4 °F) with about two thirds of the increase occurring over just the last three decades.

This warming signal is also found in ocean temperatures, soil temperatures, melting glaciers and melting polar ice caps. It has been linked to widespread impacts on ecosystems around the planet.

What causes global warming? Carbon dioxide and other air pollution that is collecting in the atmosphere like a thickening blanket, trapping the sun's heat and causing the planet to warm up.

The evidence shows that human activities--like burning fossil fuels like coal, oil and gas--are most likely responsible for the warming observed to date.

The good news is that we know what is causing global warming, and therefore, we know what needs to be done to solve it. We must curb our emissions of CO2 and other greenhouse gases.

References: <http://www.nwf.org/Global-Warming/What-is-Global-Warming.aspx>  
[http://en.wikipedia.org/wiki/Global\\_warming](http://en.wikipedia.org/wiki/Global_warming)

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