

FEBRUARY 2012

AVOCA WEST ELEMENTARY SCHOOL

LUNCH MENU



Make Choices for a Healthy lifestyle!



ALTERNATIVE ENTREES FOR 4TH AND 5TH GRADE ONLY!

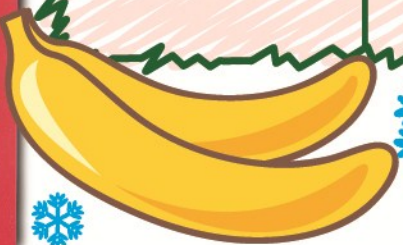
- MONDAY**
BAKED CHICKEN NUGGETS
- TUESDAY**
CHEESEBURGERS
- WEDNESDAY**
PASTA
- THURSDAY**
BREADED CHICKEN PATTY
- FRIDAY**
CAESAR OR CHICKEN
CAESAR SALAD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BAKED CHICKEN NUGGETS MASHED POTATOES CHICKEN GRAVY CHILLED MANDARIN ORANGES	2 CHEESEBURGER WHOLE WHEAT BUN STEAMED PEAS & CARROTS CHILLED MIXED FRUIT	3 UNO'S PIZZA CHEESE OR *PEPPERONI CALIFORNIA BLEND VEGETABLES STRAWBERRY GELATIN
6 ROTINI PASTA MARINARA SAUCE STEAMED BROCCOLI FLORETS CHILLED PEACHES	7 BONELESS CHICKEN DRUMMIES STEAMED MIXED VEGETABLES RED GRAPES	8 ALL AMERICAN HOT DOG WHOLE WHEAT BUN CARROT STICKS LITE RANCH DRESSING CUP SLICED APPLES	9 FRENCH TOAST STICKS SYRUP CUP LOW FAT *SAUSAGE LINKS BAKED TATOR ROUNDS APPLE JUICE CUP	10 UNO'S PIZZA CHEESE OR *PEPPERONI STEAMED GREEN BEANS CHILLED PEARS
13 NEW!! TACO SALAD BOWL LETTUCE & CHEESE TACO SAUCE STEAMED RICE CHILLED PINEAPPLE	14 GRILLED CHEESE SANDWICH WHOLE WHEAT BREAD CHICKEN NOODLE SOUP CRACKERS BLUE GELATIN	15 HALF DAY! NO LUNCH SERVED	16 HALF DAY! NO LUNCH SERVED	17 INSTITUTE DAY! NO SCHOOL
20 PRESIDENT'S DAY! NO SCHOOL	21 PANCAKES STRAWBERRY TOPPING LOW FAT *SAUSAGE LINKS BAKED TATOR ROUNDS FRUIT JUICE CUP	22 CHICKEN TENDER STRIPS STEAMED PEAS CHILLED APPLESAUCE	23 HOMEMADE MACARONI & CHEESE WINTER BLEND VEGETABLES RED GRAPES	24 BEACH DAY!!! TURKEY & CHEESE SANDWICH APPLE SLICES W/CARAMEL DIP CARROTEENIES SUN CHIPS CHEDDAR ***NO SECOND CHOICE***
27 CHEESE RAVIOLI MARINARA SAUCE ITALIAN BLEND VEGETABLES CHILLED MIXED FRUIT	28 BAKED CHICKEN NUGGETS SEASONED POTATO WEDGES CHILLED PEACHES	29 WARM HAM & CHEESE CROISSANT CELERY STICKS LITE RANCH DRESSING CUP MANDARIN ORANGES	STUDENT LUNCH - \$3.35 INCLUDES: ENTRÉE, FRUIT, VEGETABLE AND MILK OR JUICE 4OZ OR SALAD OR SANDWICH AND MILK OR JUICE 4OZ	

Questions about the menu?

Call 847-728-4115

A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.



PLEASE NOTE
Menu changes may be necessary. Notice will be given when possible.
1% & Fat Free milk offered daily. *Contains pork

