

Regional Consultant/Trainer February High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 2/1/2010 Chicken Nuggets Burger Basket Mashed Potatoes Country Gravy Green Peas <i>Blackeye Peas</i> Mandarin Oranges Side Salad Hot Roll Burger Salad Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Tue - 2/2/2010 Lasagna Salisbury Steak Gravy, Brown (Low Fat) Toaster Sandwich Basket Potatoes Au gratin Seasoned Green Beans Pineapple Chunks Side Salad Warm Breadsticks Marinara Sauce Burger Salad Spiced Apples Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Wed - 2/3/2010 Crispeto Corn Dog Basket Seasoned Pinto Beans Buttered Corn Blushing Pears Side Salad Chocolate Pudding Cup Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Milk	Thu - 2/4/2010 Sloppy Joe Chicken Sandwich Basket Baked Beans Fresh Broccoli w/ Ranch Chilled Peaches Side Salad Burger Salad Fresh Fruit Chocolate Chip Cookie Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Fri - 2/5/2010 Chicken Fries Pizza Potatoes Au gratin California Mixed Veggies Side Salad Chilled Peaches Warm Breadsticks Marinara Sauce Fresh Fruit Peanut Butter Cookie Dressing, Ranch Lite KETCHUP Milk
Mon - 2/8/2010 Steak Fingers Burger Basket Mashed Potatoes Country Gravy Seasoned Broccoli Carrot Sticks Side Salad Hot Roll Burger Salad Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Tue - 2/9/2010 Chicken Spaghetti Toaster Sandwich Basket Seasoned Green Beans Chilled Mixed Fruit Side Salad Combination <i>Texas Toast</i> Burger Salad Fruited Jello Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Wed - 2/10/2010 Beef Enchiladas Corn Dog Basket Spanish Rice Buttered Corn Rosy Applesauce Side Salad Fruit Crisp Fresh Fruit Dressing, Ranch Lite Taco Sauce KETCHUP MUSTARD Milk	Thu - 2/11/2010 BBQ Beef on a Bun Chicken Sandwich Basket Baked Beans Creamy Coleslaw Chilled Peaches Side Salad Burger Salad Fresh Fruit Peanut Butter Cookie Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Fri - 2/12/2010 Beef & Cheese Nachoes Pizza Refried Beans Baby Carrots Mandarin Oranges Side Salad Fresh Fruit Chocolate Pudding Cup Taco Sauce Dressing, Ranch Lite KETCHUP Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 2/15/2010 Chicken Nuggets Burger Basket Mashed Potatoes Country Gravy Seasoned Black-eye Peas Blushing Pears Side Salad Hot Roll Burger Salad Fresh Fruit Chocolate Chip Cookie Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Tue - 2/16/2010 Lasagna Toaster Sandwich Basket Seasoned Green Beans Mandarin Oranges Side Salad Warm Breadsticks Marinara Sauce Burger Salad Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Wed - 2/17/2010 Stuffed BBQ Baked Potato Corn Dog Basket Creamy Coleslaw Baked Beans Hot Roll Pineapple Chunks Side Salad Fresh Fruit Fruit Crisp Dressing, Ranch Lite Mustard, Pkt 5.5 gram KETCHUP Milk	Thu - 2/18/2010 Gravy Soft Tacos Taco Shells HG Chicken Sandwich Basket Taco Toppings Shredded Cheese Spanish Rice Buttered Corn Side Salad Chilled Mixed Fruit Burger Salad Fresh Fruit Dressing, Ranch Lite KETCHUP Mustard, Pkt 5.5 gram Mayo - Low Fat PC Milk	Fri - 2/19/2010 Chicken Fries Pizza Potatoes Au Gratin California Mixed Veggies Side Salad Chilled Peaches Warm Breadsticks Marinara Sauce Fresh Fruit Peanut Butter Cookie Dressing, Ranch Lite KETCHUP Milk
Mon - 2/22/2010 Steak Fingers Burger Basket Mashed Potatoes Country Gravy Seasoned Broccoli Carrot Sticks Side Salad Hot Roll Burger Salad Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Tue - 2/23/2010 Spaghetti w/ Meat Sauce Spaghetti-Cooked HG Toaster Sandwich Basket Seasoned Green Beans Pineapple Chunks Side Salad Warm Breadsticks Marinara Sauce Burger Salad Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Wed - 2/24/2010 Frito Pie Corn Dog Basket Seasoned Pinto Beans Buttered Corn Chilled Mixed Fruit Side Salad Fruit Crisp Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Milk	Thu - 2/25/2010 Grilled Cheese Chicken Sandwich Basket Vegetable Soup Broccoli & Carrots w Dip Chilled Peaches Side Salad Crackers Burger Salad Fresh Fruit Ranger Cookie Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Fri - 2/26/2010 Burrito Cheese Sauce Pizza Buttered Corn Spiced Apples Side Salad Chilled Mixed Fruit Warm Breadsticks Marinara Sauce Fresh Fruit Chocolate Pudding Cup Dressing, Ranch Lite Salsa Milk

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