

LUNCH PRICES

Elementary	\$1.90
Middle	\$2.25
High	\$2.40
Adult	\$2.65

A La Carte Items

String Cheese	\$.50
Yogurt/Capri Sun	\$.75
Water-8 oz.	\$.50
Sunflower Kernels	\$.60
Low Fat Ice Cream	\$.65
Juice Bar	\$.50
Pop Tart	\$.60
All Crackers	\$.50

February, 2012

Middle School Lunch

Broward County Food and Nutrition Services

Menu subject to change due to availability.

Parents are encouraged to prepay for student meals.

Go Ethnic-Go Healthy!

The National Heart, Lung and Blood Institute Obesity Guidelines recommend trying different ethnic cuisines to give you a treat while counting calories and fat. Many ethnic cuisines offer lots of low fat, low calorie choices. Below is a sample of healthy terms to look for when making choices.

Chinese- Steamed, Jum (poached), Kow (roasted), Shu (barbecued), choose dishes without MSG

Greek- Tzatziki, whole wheat pita, Greek Salad, souvlaki, plaki, dolmos)

Indian- Dals (legume based dishes, birynas (rice based dishes), vegetable curries, tandoori chicken

Italian- Red sauces, primavera (no cream), piccata (lemon), sun-dried tomatoes, crushed tomatoes, lightly sautéed, grilled.

Latin-Spicy chicken, black beans, salsa, picante, soft tortillas, gazpacho, Vera-cruz styles dishes (tomato based)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Each day we offer freshly made, pre-packaged entrée salads of garden greens topped with fresh vegetables and the chef's selection of roast turkey or ham, cheese, sliced chicken patty, tuna salad, egg salad or taco meat with a choice of dressing. Our entrée salads are available daily with legumes and sunflower kernels instead of meat or cheese. *Only low and fat free milk served.					
1 Hot Ham & Cheese Sandwich Jamaican Beef Patty Assorted Entrée Salads Fresh Green Beans Seasoned Oven Fries Fresh Fruit Milk – White or Choc*	2 Baked Corn Dog On A Stick Turkey & Cheese/Wheat Bun Chilled Bartlett Pears Grape Juice Fresh Fruit Milk – White or Choc* <i>Early Release Day</i>	3 5" Personal Pan Cheese Pizza Chicken Quesadilla Vegan Chili Over Rice Assorted Entrée Salads Normandy Vegetable Blend Chilled Peaches Fresh Fruit Milk – White or Choc*	6 Oven Grilled Cheese Sandwich Bean & Cheese Burrito Assorted Entrée Salads Hearty Tomato Soup Chilled Mixed Fruit Fresh Fruit Milk – White or Choc*	7 Beef Taco Black Beans Over Rice** Tuna Salad/Wheat Bun Assorted Entrée Salads Steamed Rice Chilled Pineapple Chunks Diced Tomato/Lettuce Fresh Fruit Milk – White or Choc*	
8 Flame-Broiled Cheeseburger/Wheat Bun Turkey Ham & Cheese/ Wheat Bun Assorted Entrée Salads Sliced Tomato/Lettuce Sweet Potato Fries Fresh Fruit Milk – White or Choc*	9 Oven Baked Chicken Patty/Wheat Bun BBQ Pulled Pork/ Wheat Bun Assorted Entrée Salads Whipped Potatoes Chilled Peach Slices Fresh Fruit Milk – White or Choc*	10 Pepperoni Pizza Baked Fish Nuggets Assorted Entrée Salads Krystal Bun Fruit Blend Juice Steamed Broccoli Fresh Fruit Milk – White or Choc*	13 Baked Golden Chicken Tenders Tuna Salad/Wheat Bun Assorted Entrée Salads Krystal Bun Grape Juice Fresh Green Beans Fresh Fruit Milk – White or Choc*	14 Spaghetti & Meat Sauce Turkey & Cheese/Wheat Bun Assorted Entrée Salads Garlic Wheat Roll Chilled Bartlett Pears Fresh Confetti Salad Fresh Fruit Milk – White or Choc*	
15 All Beef Hot Dog / Wheat Bun Jamaican Beef Patty Assorted Entrée Salads Seasoned Oven Fries Seasoned Baked Beans Fresh Fruit Milk – White or Choc*	16 Oven Fried Chicken Fresh Egg Salad/Wheat Bun Black Beans Over Rice** Assorted Entrée Salads Steamed Rice Collard Greens Latin Style Black Beans Fresh Corn Cobquettes Fresh Fruit Milk – White or Choc*	17 5" Personal Pan Cheese Pizza Beef Teriyaki Dippers Assorted Entrée Salads Krystal Bun Green Apple Juice Italian Blend Vegetables Fresh Fruit Milk – White or Choc*	20 NO SCHOOL 	21 Oven Baked Chicken Patty/Wheat Bun Honey BBQ Rib/ Wheat Bun Assorted Entrée Salads Peach Juice Au Gratin Potatoes Fresh Fruit Milk – White or Choc*	
22 Oven Grilled Cheese Sandwich Teriyaki Chicken Over Rice Assorted Entrée Salad Chilled Pineapple Chunks Steamed Broccoli Chinese Noodles Fresh Fruit Milk – White or Choc*	23 Flame-Broiled Beef Burger/Wheat Bun Bean & Cheese Burrito Assorted Entrée Salads Sliced Tomato/Lettuce Seasoned Oven Fries Fresh Fruit Milk – White or Choc*	24 Mexican Pizza Baked Fish Nuggets Assorted Entrée Salads Krystal Bun Chilled Peaches Steamed Spinach Fresh Fruit Milk – White or Choc*	27 Baked Golden Chicken Tenders Tuna Salad/Wheat Bun Assorted Entrée Salads Krystal Bun Fresh Corn Cobquettes Fresh Baby Carrots W/Dip Fresh Fruit Milk – White or Choc*		
28 Macaroni n' Cheese Baked Fish Filet/ Wheat Bun Assorted Entrée Salads Flaky Biscuit Italian Vegetable Blend Chilled Tropical Fruit Salad Fresh Fruit Milk – White or Choc*		29 Hot Ham & Cheese Sandwich Jamaican Beef Patty Assorted Entrée Salads Fresh Green Beans Grape Juice Fresh Fruit Milk – White or Choc*		In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.	