




February 2012 Goochland Nutrition Program Elementary

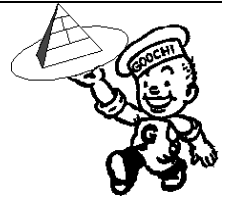
<p>SERVED EVERYDAY</p> <p>Chef Salads Smuckers PB&J Lite Lunch (yogurt, graham crackers, fruit, fresh veggie, low fat milk) Hummus/Pita Chips</p>		<p>1</p> <p>Chicken Noodle Soup w/Grilled Cheese BBQ/bun <i>Choose Two</i> Corn Broccoli Salad Fruit Crisp Milk</p>	<p>2</p> <p>Mini Corn Dogs "Breakfast for Lunch" Egg & Cheese Taco Chef Salad <i>Choose Two</i> Country Potatoes Fresh Spinach Cinnamon Apples Milk</p>	<p>3</p> <p>Maxstix/marinara Chicken Patty/bun Chef Salad <i>Choose Two</i> Seasoned Green Beans Baby Carrots/ranch dip Fruit Variety Milk</p>	<p>BREAKFAST Served Every Day –  Sausage Biscuit, Chicken Biscuit, Bagel w/ Cream Cheese, Honey Wheat Donut, Assorted Cereal & Whole Wheat Toast, Lowfat Yogurt Includes Juice or Fruit and Milk.</p> <p>DAILY BREAKFAST SPECIALS: Monday-French Toast Tuesday – Flapstick Wednesday – Fresh Baked Cinnamon Bun Thursday –Breakfast Taco Friday – Scrambled Eggs/wheat toast/sausage</p> <p>Meal Prices Students: Breakfast \$1.15 Lunch \$2.20 Adults: Breakfast \$1.50 Lunch \$2.85</p> <p>PRE-PAYMENT FOR MEALS ENCOURAGED TO SPEED SERVICE <u>Applications for Free or Reduced Price meals are always available. If you need an application, call 556-5604.</u></p>
<p>6</p> <p>BBQ w/cole slaw Chicken Noodle Soup w/Grilled Cheese Chef Salad <i>Choose Two</i> Baked Fries Broccoli-Cauliflower Salad Peaches Milk</p>	<p>7</p> <p>Goochi Pizza or DeliTurkey Wrap Chef Salad <i>Choose Two</i> Steamed Green Beans Harvard Beets Applesauce Milk</p>	<p>8</p> <p>Chicken Nuggets w/roll Nachos Chef Salad <i>Choose Two</i> Country Potatoes Refried Beans Pears Milk</p>	<p>9</p> <p>Roasted Pork/stuffing/roll Baked Spaghetti/whole wheat breadstick Chef Salad <i>Choose Two</i> Steamed Broccoli Orange Glazed Carrots Mixed Fruit Milk</p>	<p>10</p> <p>Teriyaki Chicken/rice Cheeseburger/honey wheat bun Chef Salad <i>Choose Two</i> Steamed Veg. Medley Baby Carrots/ranch dip Mandarin Oranges Milk</p>	
<p>13</p> <p>Hot Dog/ honey wheat bun BBQ/Bun/Slaw <i>Choose Two</i> Baked Fries Stewed Tomatoes Cinnamon Apples Milk</p>	<p>14</p> <p>Our Pepperoni Pizza Turkey/Cheese Sub <i>Choose Two</i> Seasoned Green Beans Steamed Baby Carrots Bagged Apple Slices Milk</p>	<p>15</p> <p>Chicken Sticks/roll Fish Filet/ honey wheat bun <i>Choose Two</i> Steamed Corn Seasoned Kale Fruit Crisp Milk</p>	<p>16</p> <p>Cheeseburger Pork Wrap <i>Choose Two</i> Sweet Potato Puffs Green Pea Salad Peaches Milk</p>	<p>17</p> <p>EARLY DISMISSAL Corn Dog Nuggets/roll Chicken Parmesan Chef Salad <i>Choose Two</i> Baked Fries Baby Carrots & Ranch Dip Fruit/Juice Variety Milk</p>	
<p>20</p> <p>President's Day No School</p>	<p>21</p> <p>Our Pepperoni Pizza Ham,Turkey/Cheese Sub <i>Choose Two</i> Green Beans Sweet Potatoes Mixed Fruit Milk</p>	<p>22</p> <p>Popcorn Chicken/roll Hot Ham/Cheese/Bun <i>Choose Two</i> Steamed Green Peas Curly Fries Fruit Crisp Milk</p>	<p>23</p> <p>Whole Grain MiniCorndogs Chili w/Crackers <i>Choose Two</i> Steamed Corn Broccoli – Cauliflower Salad Pineapple Tidbits Milk</p>	<p>24</p> <p>Totally Taco Wraps BBQ/Bun/Slaw Chef Salad <i>Choose Two</i> Potato Wedges Broccoli/cheese sauce Fruit/Juice Variety Milk</p>	
<p>27</p> <p>Tangerine Chicken/rice Fish Tenders/roll Chef Salad <i>Choose Two</i> Steamed Broccoli Steamed Yellow Corn Pears Milk</p>	<p>28</p> <p>Goochi Pizza or Hot Ham/Cheese on Bun <i>Choose Two</i> Steamed Green Beans Steamed Carrots Fresh Apple Milk</p>	<p>29</p> <p>Chicken Nuggets w/Roll Grilled Cheese <i>Choose Two</i> Baked Potato Red Beans & Rice Cinnamon Apples Milk</p>	<p><i>National School Breakfast Week</i> March 5-9</p>	 <p>Va. Grown Hydroponic Lettuce Served Daily</p> <p>Brookview Farms Beef February 9th and 23rd</p>	<p>Looking for Work? Substitutes needed for: Bus Drivers – Cafeteria</p> <ul style="list-style-type: none"> ☛ Work while kids are in School ☛ Work Close to Home ☛ No Nights, Weekends, Holidays <p>556-5316 PAY ONLINE www.mealpayplus.com</p> <p>Pay By Phone 1-866-572-6091</p>

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GOT MILK? – Fat Free and Skim White Milk and Fat Free Flavored Milk is included with every meal.

February 2012 Goochland Nutrition Program Secondary

<p>Salads Smuckers PB&J Lite Lunch (yogurt, graham crackers, fruit, veggie, low fat milk) Hummus/Pita Chips</p>		<p>1 Chicken Noodle Soup w/Grilled Cheese Pork Rib Sub Choose two Corn Steamed Broccoli Pears Milk</p>	<p>2 Mini Corn Dogs "Breakfast for Lunch" Egg & Cheese Taco Chef Salad Choose Two Country Potatoes Fresh Spinach Cinnamon Apples Milk</p>	<p>3 Totally Taco Wrap Spicy Chicken Patty/bun Chef Salad Choose Two Baked Crinkle Cut Fries Baby Carrots/ranch dip Fruit/Juice Variety Milk</p>	<p>BREAKFAST Served Every Day – Sausage Biscuit, Chicken Biscuit, Bagel w/ Cream Cheese, Honey Wheat Donut, Assorted Cereal & Whole Wheat Toast, Lowfat Yogurt Includes Juice or Fruit and Milk. DAILY BREAKFAST SPECIALS: Monday-French Toast Tuesday – Flapstick Wednesday – Fresh Baked Cinnamon Bur Thursday – Breakfast Taco Friday – Scrambled Eggs/wheat toast/sausage</p> <p>Meal Prices Students: Breakfast \$1.25 Lunch \$2.30 Adults: Breakfast \$1.50 Lunch \$2.85</p> <p>PRE-PAYMENT FOR MEALS ENCOURAGED TO SPEED SERVICE Applications for Free or Reduced Price meals are always available. If you need an application, call 556-5604.</p>
<p>6 BBQ w/cole slaw Macaroni & Cheese w/fresh baked whole wheat roll Chef Salad Choose Two Baked Fries Steamed Kale Peaches Milk</p>	<p>7 Goochi Pizza or Deli Turkey Sub w/lettuce & tomato Chef Salad Choose Two Steamed Green Beans Harvard Beets Applesauce Milk</p>	<p>8 Chicken Nuggets w/roll Bosco Stick w/meat sauce Chef Salad Choose Two Baked Potato Wedges Steamed Peas & Carrots Pears Milk</p>	<p>9 Roasted Pork/stuffing/roll Baked Spaghetti/whole wheat breadstick Chef Salad Choose Two Steamed Broccoli Orange Glazed Sweet Potatoes Mixed Fruit Milk</p>	<p>10 Tangerine Chicken/rice Cheeseburger/honey wheat bun Chef Salad Choose Two Steamed Veg. Medley Baby Carrots/ranch dip Mandarin Oranges Milk</p>	
<p>13 Hot Dog/ honey wheat bun Steak & Cheese Fajita Choose Two Scalloped Potatoes Stewed Tomatoes Cinnamon Apples Milk</p>	<p>14 Our Pepperoni Pizza Turkey/Cheese Sub w/lettuce & tomato Choose Two Seasoned Green Beans Steamed Baby Carrots Bagged Apple Slices Milk</p>	<p>15 Chicken Sticks/roll Fish Filet/ honey wheat bun Choose Two Steamed Corn Seasoned Kale Fruit Crisp Milk</p>	<p>16 Cheeseburger/honey wheat bun Pork Wrap Choose Two Sweet Potato Puffs Green Pea Salad Fresh Raspberries Milk</p>	<p>17 EARLY DISMISSAL Corn Dog Nuggets/roll Chicken Parmesan/pasta Chef Salad Choose Two Baked Fries Baby Carrots & Ranch Dip Fruit/Juice Variety Milk</p>	
<p>20 President's Day No School</p>	<p>21 Our Pepperoni Pizza BBQ w/slaw Choose Two Green Beans Sweet Potatoes Mixed Fruit Milk</p>	<p>22 Popcorn Chicken/roll Hot Ham/Cheese/Bun Choose Two Steamed Green Peas Curly Fries Fruit Crisp Milk</p>	<p>23 Whole Grain Mini Corndogs Chili w/Crackers Choose Two Steamed Corn Broccoli - Cauliflower Salad Pineapple Tidbits Milk</p>	<p>24 Totally Taco Wraps Chef Salad Choose Two Potato Wedges Broccoli/cheese sauce Fruit/Juice Variety Milk</p>	
<p>27 Teriyaki Chicken/rice Cheeseburger/honey wheat bun Chef Salad Choose Two Steamed Broccoli Steamed Yellow Corn Mandarin Oranges Milk</p>	<p>28 Goochi Pizza or Hot Ham/Cheese on Bun Choose Two Steamed Green Beans Red Beans & Rice Pears Milk</p>	<p>29 Chicken Nuggets w/Roll Meatball Wrap Choose Two Baked Potato Steamed Baby Carrots Cinnamon Apples Milk</p>	<p>National School Breakfast Week March 5-9</p>		



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