

Coweta Schools

Middle Lunch

February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 1 Bar-be-que on Bun or Sloppy Joe on Bun Seasoned Carrots Potato Rounds Ketchup Blackeyed Peas Chilled Fruit Choice Milk	Feb - 2 VEGETABLE SOUP or Grilled Cheese on Whe PBJ Uncrustable Popeye Salad Salad Dressing-Variety Peas and Carrots Cowboy Cookies Chilled Fruit Choice Milk	Feb - 3 Turkey & Cheese Wra or Rib-B-Que Sandwich Potato Triangle Ketchup Baked Beans Pasta Salad Fruit Choice Pudding Pop Milk	Feb - 4 Hamburger or Crispy Fish Sandwich French Fries Lettuce & Tomato Glazed Sweet Potatoe Chilled Fruit Choice P'nut Butter Grahams Milk Ketchup Mustard pk. Tartar Sauce	Feb - 5 Pizza or Orange Chicken Salad English Peas Celery Sticks Tossed Salad Fruit Choice Milk Sherbert
Feb - 8 Mini Cheese Burgers or Turkey Salad w/cracke Potato Rounds Seasoned Carrots Chilled Fruit Choice Milk Ketchup Mayonnaise packet Mustard pk.	Feb - 9 Chili Cheese Dog Ketchup Mustard pk. or Bar-be-que on Bun French Fries Glazed Sweet Potatoe Cole Slaw Baked Beans Fruit Choice Snack Cookies Milk	Feb - 10 Taco or Chicken Faititas Mexican Rice Lettuce & Tomato Glazed Carrots Refried Beans Chilled Fruit Choice Milk Sour Cream ind. pk. Taco Sauce Pack	Feb - 11 Chili with Crackers or Country Fried Steak Roll Mashed Potatoes Brown Gravy Baby Lima Beans Ketchup Fruit Choice Jello Milk	Feb - 12 Pork Roast or Fish Sticks Ketchup Cornbread Buttered Rice Pinto Beans Tartar Sauce Apple Crisp Fruit Choice Milk
Feb - 15 HOLIDAY	Feb - 16 HOLIDAY	Feb - 17 HOLIDAY	Feb - 18 HOLIDAY	Feb - 19 HOLIDAY
Feb - 22 Turkey/Cheese Stack or Chicken Sandwich Potato Rounds Blackeyed Peas Fruit Slushie Mustard pk. Mayonnaise packet Ketchup Chilled Fruit Choice Milk	Feb - 23 Hot Ham 'n Cheese Chips or VEGETABLE SOUP Grilled Cheese on Whe Popeye Salad Salad Dressing-Variety Iced Cake Fresh Fruit Milk	Feb - 24 "Breakfast for Lunch" Chicken 'n Biscuit Egg Patty Jelly Peppered Gravy Grits or Cereal Breakfast Squares Fruit Juice Choice Milk	Feb - 25 Pizza or Grilled Cheese on Whe Tossed Salad Glazed Sweet Potatoe Seasoned Corn Fruit Choice Milk	Feb - 26 Pork Stir Fry Egg Roll Roll or Turkey & Cheese Wra Buttered Rice Seasoned Butter Peas Jello Fresh Fruit Milk

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.