



2010

February

COOL *CAF MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>1 <u>CAN.BCN/EGG/CHZ BISCUIT</u> Dinosaurs w/ Tx Toast Cool Café Wrap Golden Corn Spinach Applesauce Salad</p>	<p>2 <u>BREAKFAST BURRITO</u> Taco Stack Toasted Turkey & Chz. Celery Sticks w/ PB Refried Beans w/Chz. Fresh Orange Half Chef Salad</p>	<p>3 <u>CINNAMON ROLLS</u> Mac & Chz. w/ Smokies Corn Dog Green Beans Glazed Carrots Pineapple Salad</p>	<p>4 <u>WAFFLES</u> Popcorn Chicken w/ Noodles BBQ Rib Sandwich Peas Baby Carrots w/Ranch Fresh Fruit Chef Salad</p>	<p>5 <u>BISCUIT & GRAVY</u> Cheese Pizza Breaded Chkn. Sand. Potato Rounds Salad w/ Dressing Peaches Cookie</p>
<p>8 <u>OATMEAL</u> Shrimp Poppers w/ Garlic Noodles Hot Dog Broccoli w/ Cheese Peas & Carrots Jello Applesauce Salad</p>	<p>9 <u>BREAKFAST STICK</u> Hard Shell Beef Tacos Breaded Chkn. Sand. Celery Sticks w/ PB Spanish Rice Fresh Orange Half Chef Salad</p>	<p>10 <u>CINNAMON ROLLS</u> Lasagna w/ Tx Toast Cheeseburger Winter Mix Golden Corn Peaches Salad</p>	<p>11 <u>PANCAKES</u> Chicken Nuggets w/ Roll Chili Cheese Corn Dog Sweet Potatoes Baby Carrots w/ Ranch Fresh Fruit Chef Salad</p>	<p>12 <u>BISCUIT & GRAVY</u> Pepperoni Pizza Salisbury Steak Green Beans Salad w/ Dressing Mandarin Oranges Jello</p>
<p>15  No School</p>	<p>16 <u>BREAKFAST BURRITO</u> Soft Shell Beef Taco BBQ Rib Sandwich Celery Sticks w/ PB Baked Beans Fresh Orange Half Chef Salad</p>	<p>17 <u>CINNAMON ROLLS</u> Chicken Noodle Soup w/ ½ Cheese Sand. Hot Dog Glazed Carrots Peas Pineapple Salad</p>	<p>18 <u>FRENCH TOAST STICKS</u> Chili Frito Pie Breaded Chkn. Sand. Hominy Baby Carrots w/ Ranch Fresh Fruit Chef Salad</p>	<p>19 <u>BISCUIT & GRAVY</u> Hamburger Pizza Dinosaurs w/ Tx Toast Spinach Salad w/ Dressing Pears Cookie</p>
<p>22 <u>CAN.BCN/EGG/CHZ BISCUIT</u> Chkn. Pot Pie w/ Biscuit Cheeseburger Broccoli w/ Cheese Green Beans Jello Applesauce Salad</p>	<p>23 <u>BREAKFAST PIZZA</u> Taco Stack Breaded Chkn. Sand. Celery Sticks w/ PB Refried Beans w/ Chz. Fresh Orange Half Chef Salad</p>	<p>24 <u>CINNAMON ROLLS</u> Ravioli w/ Tx Toast Hot Ham and Cheese Spinach Golden Corn Pears Salad</p>	<p>25 <u>WAFFLES</u> Chicken Fried Steak w/ Roll Hot Dog Garlic Mashed Potatoes Baby Carrots w/ Ranch Fresh Fruit Chef Salad</p>	<p>26 <u>BISCUIT & GRAVY</u> Cheese Pizza BBQ Chkn. Sandwich Baked Beans Salad w/ Dressing Mandarin Oranges Jello</p>
<p> Did You Know: The average heart beats about 100,000 times everyday! February is American Heart Month</p>		<p>Vancouver 2010 Winter Olympics begin February 12th and end on February 28th GO U.S.A.!</p>  		

Check this out...
Breakfast Includes:
Entrée Choice, Fruit Choice, and Milk
Plus:
Mon/Wed/Fri
Toast & Jelly
Tue & Thurs
Potato
Lunch Includes:
Choice of Entrée, Vegetable, Fruit, and Milk
Plus:
Bonus Items
Mon - Thurs
Garden Salad with Dressing
Friday
Pudding, Jello or Cookie
Fresh Fruit Everyday!!

Mission: "To provide nutritious meals which meet the needs of students' academic and physical well-being."



Sweet Let's Eat!!!!
Breakfast \$1.00 and Reduced is \$0.30
Lunch \$2.05 and Reduced is \$0.40

Menus are subject to change without notice.

