







































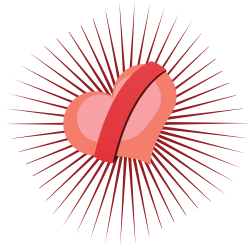


FEBRUARY 2010 Breakfast Menu - ELEMENTARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetarian Italian Bagel   Multigrain Cheerios & Graham Crackers   Chilled Apple Juice	2 Beef Sausage & Biscuit Whole Grain Pancakes & Chicken Hoagie  Fresh Apples Slices Chilled Orange Juice	3 Café LA Signature Coffee Cake  Bran Flakes with Raisins & Cinnamon Graham Crackers   Chilled Orange Juice	4 Cinnamon French Toasts & Chicken Hoagie Sliced Bagel with Lite Cream Cheese  Fresh Banana Chilled Apple Juice	5 Waffle Sticks & Beef Sausage Patty Toasted Oats & Graham Crackers   Fresh Tangelo Chilled Apple Juice
8 Vegetarian Italian Bagel   Multigrain Cheerios & Graham Crackers   Chilled Apple Juice	9 Beef Sausage & Biscuit Whole Grain Pancakes & Chicken Hoagie  Fresh Apples Slices Chilled Orange Juice	10 Café LA Signature Coffee Cake  Bran Flakes with Raisins & Cinnamon Graham Crackers   Chilled Orange Juice	11 Cinnamon French Toasts & Chicken Hoagie Sliced Bagel with Lite Cream Cheese  Fresh Banana Chilled Apple Juice	12 Waffle Sticks & Beef Sausage Patty Toasted Oats & Graham Crackers   Fresh Tangelo Chilled Apple Juice
15 President's Day	16 Beef Sausage & Biscuit Whole Grain Pancakes & Chicken Hoagie  Fresh Apples Slices Chilled Orange Juice	17 Café LA Signature Coffee Cake  Bran Flakes with Raisins & Cinnamon Graham Crackers   Chilled Orange Juice	18 Cinnamon French Toasts & Chicken Hoagie Sliced Bagel with Lite Cream Cheese  Fresh Banana Chilled Apple Juice	19 Waffle Sticks & Beef Sausage Patty Toasted Oats & Graham Crackers   Fresh Tangelo Chilled Apple Juice
22 Vegetarian Italian Bagel   Multigrain Cheerios & Graham Crackers   Chilled Apple Juice	23 Beef Sausage & Biscuit Whole Grain Pancakes & Chicken Hoagie  Fresh Apples Slices Chilled Orange Juice	24 Café LA Signature Coffee Cake  Bran Flakes with Raisins & Cinnamon Graham Crackers   Chilled Orange Juice	25 Cinnamon French Toasts & Chicken Hoagie Sliced Bagel with Lite Cream Cheese  Fresh Banana Chilled Apple Juice	26 Waffle Sticks & Beef Sausage Patty Toasted Oats & Graham Crackers   Fresh Tangelo Chilled Apple Juice



Daily Milk Options are: 1% White, 1% Strawberry, FF Chocolate, or FF Lactose Free

 = REPRESENT VEGETARIAN ENTRÉE  = REPRESENT WHOLE GRAIN

Available: Grape Jelly, Strawberry Jam, Honey, Syrup

Menus are Subject to Change

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USDA, Director, Office of Civil Rights

1400 Independence Avenue, SW

Washington D.C. 20250-9410

Or call (800) 795-3272 or (202) 720-6382 (TTY)

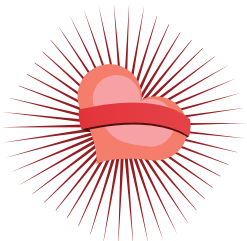
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A Great Part of Your Day

FEBRUARY 2010 Lunch Menu - ELEMENTARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bean & Cheese Burrito Peanut Butter & Jelly Pocket <i>Optional Weekly Entrée**</i> Corn on the Cob Seedless Red Grapes Chilled Orange Juice	2 Sliced Pepperoni Pizza Vegetarian Chili with Tortilla Chips <i>Optional Weekly Entrée**</i> Zucchini Sticks Fresh Tangelo Chilled Apple Juice	3 Charbroiled Beef Patty on Whole Wheat Bun Garden Veggie Burger with Cheese <i>Optional Weekly Entrée**</i> Crisp Baked Potato Rounds Chilled Apple Juice	4 Parmesan Lasagna Garden Salad with Egg & Saltines <i>Optional Weekly Entrée**</i> Fresh Baby Carrots Chilled Orange Juice	5 Beef Taco Triangles Macaroni Au Gratin <i>Optional Weekly Entrée**</i> Oven Baked Crinkle Cut Fries Fresh Whole Apple Chilled Orange Juice
8 Low Fat Mini Turkey Corn Dogs Bean & Cheese Burrito <i>Optional Weekly Entrée*</i> Peas Seedless Red Grapes Chilled Orange Juice	9 Whole Grain Breaded Chicken Sandwich Peanut Butter & Jelly Pocket <i>Optional Weekly Entrée*</i> Oven Roasted Potato Wedges Chilled Apple Juice	10 Italian Calzone with Turkey Pepperoni Macaroni Au Gratin <i>Optional Weekly Entrée*</i> HOTM: Italian Baked Beets Fruit Cup Chilled Apple Juice	11 Breaded Chicken Nuggets Oven Baked Cheese Pizza <i>Optional Weekly Entrée*</i> Sweet Potato Sticks Chilled Pears Chilled Orange Juice	12 Spaghetti & Meatballs Toasted Cheese Sandwich <i>Optional Weekly Entrée*</i> Crisp Broccoli Bites Chilled Applesauce Chilled Orange Juice
15 President's Day	16 Sliced Pepperoni Pizza Vegetarian Chili with Tortilla Chips Fresh Tangelo Chilled Apple Juice	17 Charbroiled Beef Patty on Whole Wheat Bun Garden Veggie Burger with Cheese <i>Optional Weekly Entrée**</i> Crisp Baked Potato Rounds Chilled Apple Juice	18 Parmesan Lasagna Garden Salad with Egg & Saltines <i>Optional Weekly Entrée**</i> Fresh Baby Carrots Chilled Orange Juice	19 Beef Taco Triangles Macaroni Au Gratin <i>Optional Weekly Entrée**</i> Oven Baked Crinkle Cut Fries Fresh Whole Apple Chilled Orange Juice
22 Low Fat Mini Turkey Corn Dogs Bean & Cheese Burrito <i>Optional Weekly Entrée*</i> Peas Seedless Red Grapes Chilled Orange Juice	23 Whole Grain Breaded Chicken Sandwich Peanut Butter & Jelly Pocket <i>Optional Weekly Entrée*</i> Oven Roasted Potato Wedges Chilled Apple Juice	24 Italian Calzone with Turkey Pepperoni Macaroni Au Gratin <i>Optional Weekly Entrée*</i> HOTM: Italian Baked Beets Fruit Cup Chilled Apple Juice	25 Breaded Chicken Nuggets Oven Baked Cheese Pizza <i>Optional Weekly Entrée*</i> Sweet Potato Sticks Chilled Pears Chilled Orange Juice	26 Spaghetti & Meatballs Toasted Cheese Sandwich <i>Optional Weekly Entrée*</i> Crisp Broccoli Bites Chilled Applesauce Chilled Orange Juice



Daily Milk Options: 1% White, 1% Strawberry, FF Chocolate, or FF Lactose Free
 = REPRESENT VEGETARIAN ENTRÉE = REPRESENT WHOLE GRAIN
 Condiments Available: Ketchup, Mayonnaise, Mustard, Taco Sauce
 Salad Dressings Available: 1,000 Island, Caesar, French, Italian, Ranch, Asian Sesame

WEEK OF: 02/08 & 02/22
**Optional Weekly Entrée:* Deli Sub on Wheat and/or Café LA Tossed Garden Salad
 WEEK OF: 02/01 & 02/15
***Optional Weekly Entrée:* Turkey Breast & Cheese on Wheat and/or Farmers Market Salad
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