

Menu for **SANDMAN & MAUD ABRAMS SCHOOLS**



Menu Subject to Change



2012 (1/30 – 2/24)

**** **SEE REVERSE SIDE******

Every Meal Includes a choice of:
 3 Fresh Fruits, 2 Canned Fruits, or 4 - 100% Fruit Juices
 1% White Milk or No Fat Chocolate Milk
 All Sandwiches served on Whole Wheat Bread

Monday	Tuesday	Wednesday	Thursday	Friday
Monthly Sales 1/30 Chicken Nuggets with Dip Bread & Butter Choice of Vegetables Choice of Fruit	31 Hamburger or Cheeseburger Potato Wedges Choice of Vegetables Choice of Fruit	2/1 Macaroni & Cheese Bread & Butter Choice of Vegetables Choice of Fruit	2 Cub Hoagie Potato Chips Choice of Vegetables Choice of Fruit	3 Double Cheese Pizza Choice of Vegetables Choice of Fruit
Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler
6 Chicken Fryz with Dip Bread & Butter Choice of Vegetables Choice of Fruit	7 French Toast Sticks with Syrup Sausage Hashbrown Potatoes Choice of Fruit	8 Hot Dog on a Bun Mashed Potatoes Baked Beans Sauerkraut Choice of Fruit	9 Taco Day Lettuce & Tomato Cup Salsa & Chips Choice of Fruit	10 Pizzeria Pizza Choice of Vegetables Choice of Fruit
Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler
13 Steak Sandwich or Cheesesteak Sandwich Choice of Vegetables Choice of Fruit	14 Lasagna Roll & Butter Choice of Vegetables Choice of Fruit	15 Chicken Tenders with Dip Bread & Butter Choice of Vegetable Choice of Fruit	16 Pizza Dippers Choice of Vegetables Choice of Fruit	17  PRESIDENTS DAYS' SCHOOL CLOSED
Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	
20  PRESIDENTS DAYS' SCHOOL CLOSED	21 Popcorn Chicken Bread & Butter Choice of Vegetables Choice of Fruit	22 Hot Dog on a Bun Tator Tots Baked Beans Sauerkraut Choice of Fruit	23 Taco Day Lettuce & Tomato Cup Salsa & Chips Choice of Fruit	24 Double Cheese Pizza Choice of Vegetables Choice of Fruit
Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler

CHICKEN CAESAR AND VEGETARIAN CAESAR SALAD AVAILABLE DAILY

LUNCH PRICES

Student	\$2.10
Bag Lunch	\$2.10
Milk 1%	\$.40
No Fat Choc.	\$.40

ALTERNATIVE BAG LUNCHES – OR – 2ND CHOICE HOT LUNCH

1/30 – 2/03	Bologna & Cheese or PBJ	Pizza Dippers
2/06 – 2/10	Turkey & Cheese or PBJ	Cheeseburgers
2/13 – 2/17	Ham & Cheese or PBJ	Chicken Fajitas
2/20 – 2/24	Tuna Salad on a Bun or PBJ	Roast Chicken

BAG LUNCH INCLUDES:

- Sandwich
- Assorted Fruit
- Assorted Fruit Juice
- Snack & Milk

Students are offered a choice of 3 vegetables each day, 1 hot vegetable and 2 raw vegetables
 Bread & Butter Available Daily



The object of eating is not to satisfy the pleasure of the moment, but to fuel your body with energy.

Monthly information for Sandman, Maud Abrams and Mitnick Schools.

Lunch Ticket Sales

Lunch money is collected the first morning of every week in your child's classroom. The weekly rate for February is:

<u>Lunch Rate</u>		<u>Reduced Lunch Rate</u>	
1/30 – 2/03	\$10.50	1/30 – 2/03	\$ 2.00
2/06 – 2/10	\$10.50	2/06 – 2/10	\$ 2.00
2/13 – 2/17	\$ 8.40	2/13 – 2/17	\$ 1.60
2/20 – 2/24	<u>\$ 8.40</u>	2/20 – 2/24	<u>\$ 1.60</u>
Monthly Total	\$37.80	Monthly Total	\$ 7.20

Menu for **MITNICK SCHOOL**

Menu Subject to Change






2012 (1/30 – 2/24)

**** **SEE REVERSE SIDE** ****

Every Meal Includes a choice of:

3 Fresh Fruits, 2 Canned Fruits, or 4 - 100% Fruit Juices
1% White Milk or No Fat Chocolate Milk
All Sandwiches served on Whole Wheat Bread

Monday	Tuesday	Wednesday	Thursday	Friday
Monthly Sales 1/30 Chicken Nuggets with Dip Bread & Butter Choice of Vegetables Choice of Fruits	31 Hamburger or Cheeseburger Potato Wedges Choice of Vegetables Choice of Fruits	2/1 Macaroni & Cheese Bread & Butter Green Beans Choice of Fruits	2 Cub Hoagie Potato Chips Choice of Vegetables Choice of Fruits	3 Double Cheese Pizza Choice of Vegetables Choice of Fruits
Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler
6 Chicken Fryz with Dip Bread & Butter Choice of Vegetables Choice of Fruits	7 French Toast Sticks with Syrup Sausage Hashbrown Potatoes Choice of Fruits	8 Hot Dog on a Bun Mashed Potatoes Baked Beans Sauerkraut Choice of Fruits	9 Taco Day Lettuce & Tomato Cup Salsa & Chips Choice of Fruits	10 Pizzeria Pizza Choice of Vegetables Choice of Fruits
Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler
13 Steak Sandwich or Cheesesteak Sandwich Choice of Vegetables Choice of Fruits	14 Happy Valentine Day Lasagna Roll & Butter Choice of Vegetables Choice of Fruits 	15 Chicken Tenders with Dip Bread & Butter Choice of Vegetable Choice of Fruits	16 Pizza Dippers Choice of Vegetables Choice of Fruits	17  PRESIDENTS DAYS' SCHOOL CLOSED
Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler
20  PRESIDENTS DAYS' SCHOOL CLOSED	21 Popcorn Chicken Bread & Butter Choice of Vegetables Choice of Fruits	22 Hot Dog on a Bun Tator Tots Baked Beans Sauerkraut Choice of Fruits	23 Hot Ham & Cheese On a Pretzel Bun Choice of Vegetable Choice of Fruits	24 Double Cheese Pizza Choice of Vegetables Choice of Fruits
Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler

CHICKEN CAESAR AND VEGETARIAN CAESAR SALAD AVAILABLE DAILY

LUNCH PRICES

Student	\$2.10	1/30 – 2/03
Bag Lunch	\$2.10	2/06 – 2/10
Milk 1%	\$.40	2/13 – 2/17
No Fat Choc.	\$.40	2/20 – 2/24

ALTERNATIVE LUNCHES

- Bologna & Cheese or PBJ
- Turkey & Cheese or PBJ
- Ham & Cheese or PBJ
- Tuna Salad on a Bun or PBJ

ALTERNATIVE LUNCH INCLUDES:

- Sandwich
- Assorted Fruit
- Assorted Fruit Juice
- Snack & Milk

** Students are offered a choice of 3 vegetables each day, 1 hot vegetable and 2 raw vegetables**

Bread & Butter Available Daily



The object of eating is not to satisfy the pleasure of the moment, but to fuel your body with energy.

Menu for **MEMORIAL SCHOOL**



Menu Subject to Change



2012 (1/30 – 2/24)

******SEE REVERSE SIDE******

Every Meal Includes a choice of:
 Fresh Fruit, Canned Fruit, or 100% Fruit Juice
 1% White Milk or No Fat Chocolate Milk
 All Sandwiches served on Whole Wheat Bread

Monday	Tuesday	Wednesday	Thursday	Friday
Monthly Sales 1/30 Chicken Nuggets with Dip Bread & Butter Corn Choice of Fruits	31 Hamburger or Cheeseburger Potato Wedges Celery Sticks with Dip Choice of Fruits	2/1 Macaroni & Cheese Bread & Butter Green Beans Choice of Fruits	2 Cub Hoagie Potato Chips Carrot Sticks with Dip Choice of Fruits	3 Double Cheese Pizza Cucumber Slices with Dip Choice of Fruits
Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler
6 Chicken Fryz with Dip Bread & Butter Corn Choice of Fruits	7 French Toast Sticks with Syrup Sausage Hashbrown Potatoes Choice of Fruits	8 Hot Dog on a Bun Mashed Potatoes Baked Beans Sauerkraut Choice of Fruits	9 Grilled Cheese Sandwich Carrot Sticks Choice of Fruits Goldfish Crackers	10 Pizzeria Pizza Broccoli Choice of Fruits
Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler
13 Hamburger or Cheeseburger Potato Wedges Carrot Sticks with Dip Choice of Fruits	14 Lasagna Roll & Butter Italian Vegetables Choice of Fruits	15 Chicken Tenders with Dip Bread & Butter Cucumber Slices with Dip Choice of Fruits	16 Pizza Dippers Celery Sticks with Dip Choice of Fruits	17  PRESIDENTS DAYS' SCHOOL CLOSED
Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler
 20 PRESIDENTS DAYS' SCHOOL CLOSED	21 Popcorn Chicken Bread & Butter Corn Choice of Fruits	22 Hot Dog on a Bun Tator Tots Baked Beans Sauerkraut Choice of Fruits	23 Hot Ham & Cheese On a Pretzel Bun Celery Sticks with Dip Choice of Fruits	24 Double Cheese Pizza Carrot Sticks with Dip Choice of Fruits
Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler	Healthy Choice Cereal / Bageler

Weekly Ticket Rate for February

Daily Lunch \$2.10
Daily Reduced Price \$.40
Monthly Reduced Price \$7.20

1/30 – 2/03	\$10.50
2/06 – 2/10	\$10.50
2/13 – 2/17	\$ 8.40
2/20 – 2/24	<u>\$ 8.40</u>
Monthly Total	\$37.80

Milk \$.40
Bread Available Daily
Alternative Lunch Available Daily
 Peanut Butter & Jelly Sandwich



The object of eating is not to satisfy the pleasure of the moment, but to fuel your body with energy.