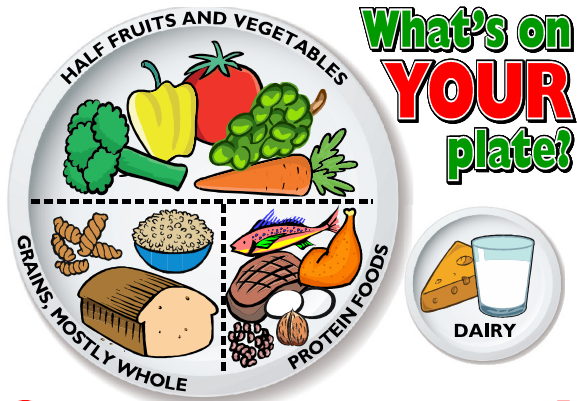


Menus for February 2012

Lanier County Primary School Nutrition
THIS INSTITUTION IS AN EQUAL OP-



Cactus you can eat!

The pads of the prickly pear cactus, or “nopales” (pronounced no-PAH-lace) are a popular food in Mexico and many Central American countries, as well as parts of Southern Europe, the Middle East, India, North Africa, and the Southwest U.S. It tastes like a slightly tart green bean or green pepper.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Wednesday, February 1

Breakfast
 Muffin
 Fruit

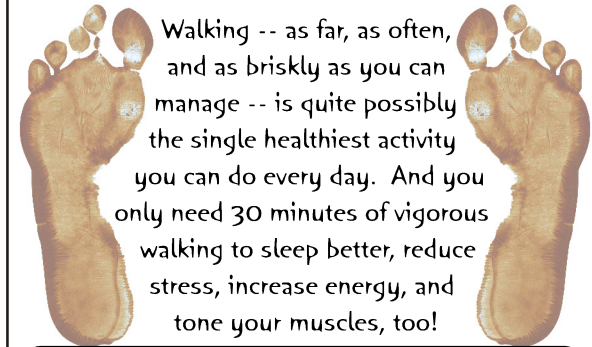
Lunch
 Lasagna w/meat sauce
 Whole Kernel Corn
 Green Beans
 Fruit
 Breadsticks

Thursday, February 2

Breakfast
 Breakfast Pizza
 Fruit Cup

Lunch
 Barbeque SW
 Mac & Cheese
 Broccoli
 Peaches and Cake

MAKE SOME TRACKS.



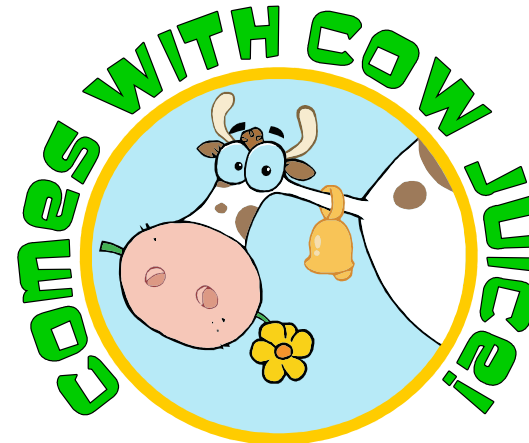
Walking -- as far, as often, and as briskly as you can manage -- is quite possibly the single healthiest activity you can do every day. And you only need 30 minutes of vigorous walking to sleep better, reduce stress, increase energy, and tone your muscles, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Friday, February 3

Breakfast
 Waffle Stix
 Syrup
 Sausage
 Fruit

Lunch
 Taco Boat/Chips
 Lettuce, Tomato, Cheese
 Corn on Cob
 Sherbet Cup



Every complete meal we serve includes your choice of lowfat white or nonfat chocolate milk.

Monday, February 6

Breakfast
 Pancake Pup
 Syrup
 Fruit

Lunch
 Pizza
 Tossed Salad
 Whole Kernel Corn
 Mixed Fruit

Tuesday, February 7

Breakfast
 Chicken Biscuit
 Juice

Lunch
 Chicken & Rice
 Steamed Carrots
 Field Peas
 Apple Wedges
 Roll

Wednesday, February 8

Breakfast
 Breakfast Pizza
 Fruit Cup

Lunch
 Cheeseburger
 Tater Tots
 Vegetable Medley
 Peaches

Thursday, February 9

Breakfast
 Gits
 Sausage Patty
 Oranges

Lunch
 Chili
 Grilled Cheese
 Green Beans
 Juice Bar

Friday, February 10

Breakfast
 Strawberry Mini
 Pancakes
 Syrup
 Juice

Lunch
 Chicken Tender
 Wrap
 Lettuce, Tomato, Cheese
 Baked Chips

Available

- Cereal offered as choice at Breakfast
- Bag lunch on Tuesday, Wednesday and Thursday
- Fresh Fruit Offered