



2012 February

WARSAW COMMUNITY SCHOOLS



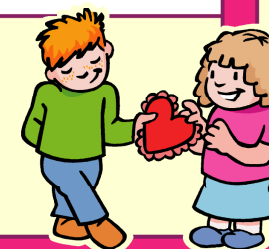
News

February is Heart Health Month. Diet and exercise is critical to heart health.

What is the key to a heart-healthy diet? Eating lean proteins, low-fat dairy, whole grains and lots of fruits and vegetables. Our school lunch menu provides you with all of the above and MORE!

Check with your Cafeteria about 2nd Choices on the menu.

Menu items are subject to change due to availability and weather conditions.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 PEPPERONI PIZZA Corn Fresh Apple Slices w/Yogurt Dip or Peanut Butter Meatball Sub	2 GRILLED CHEESE SANDWICH Sweet Fries Tomato Soup & Crackers Mixed Fruit Ham and Cheese	3 CHICKEN POPPERS w/Sauce Rice & Broccoli Pineapple Fortune Cookie SHRIMP POPPERS
6 CHEESE PIZZA Pea Salad Fresh Orange Blossoms Sunflower Kernels HOT DOG SANDWICH	7 STEAK & GRAVY Green Beans Mashed Potatoes Peaches/Hot Roll BEEF BACON CHBURGER	8 CHICKEN SANDWICH Fresh Veggie Confetti w/ Dip or Ranch pkt. Pears Heartzels Pretzels TENDERLOIN SANDWICH	9 TACO w/MEAT SAUCE Lettuce & Cheese Pineapple/Oranges Refried Beans BR. CHIX PATTY SANDWICH	10 HOT DOG Carrots & Celery w/Ranch Dip Banana Chocolate Chip Cookie BR. CHBURGER SANDWICH
13 HAMBURGER Curly Fries Fresh Apple Slices w/Yogurt Dip or Peanut Butter Dill Pickle Spear RIB-B-QUE SANDWICH	14 CHICKEN TENDERLY Groovy Green Beans Ruby Grapefruit Breadstick Sweet Heart Italian Ice SLOPPY JOE SANDWICH	15 SUB SANDWICH Carrots & Celery w/Ranch Dip Peaches Doritos MINI-CHBURGER SANDWICH	16 GRILLED CHEESE SANDWICH Sweet Fries Tomato Soup & Crackers Mixed Fruit BURRITO	17 BOSCO STICKS w/Marinara Caesar Salad Grapes w/Yogurt Dip CORN DOG
20 School Dismissed	21 CHICKEN NUGGETS Green Pepper Strips w/Dip or Ranch pkt. Pears/ Breadstick President's Day Cookies BAR-B-QUE SANDWICH	22 PEPPERONI PIZZA Corn Fresh Apple Slices Yogurt Dip or Peanut Butter FISH SANDWICH	23 SPAGHETTI w/MEAT SAUCE Cucumber slices Mixed Fruit Garlic Texas Toast BAR-B-QUE CHIX. SANDWICH	24 CHICKEN POPPERS w/Sauce Rice & Broccoli Pineapple Fortune Cookie GRILLED CHEESE SANDWICH
27 CHEESE PIZZA Pea Salad Fresh Orange Blossoms Sunflower Kernels STEAK HOAGIE SANDWICH	28 STEAK & GRAVY Green Beans Mashed Potatoes Peaches/Hot Roll CHBURGER SANDWICH	29 CHICKEN SANDWICH Fresh Veggie Confetti Pears Goldfish Crackers TENDERLOIN SANDWICH		