









ELEMENTARY LUNCH – February 2012 Days with nut products in the menu will be displayed with: description of the nut will be on the days menu, please call the central kitchen at 847.7971 if further information is needed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Mealtime Online</i> is now available! Make payments or view your student's meal history. With your student's id number just go to www.mymealtime.com to sign up.</p>		<p>1. Deli Turkey w/ cheese Sandwich Pickles / Shred lettuce Banana / Orange / Chips Condiments Choice of milk</p>	<p>2. Tacos (Turkey) w/tortilla and Rice Shredded Lettuce/Shredded cheese Corn / Pears / Apple / Teddy Bear Choice of milk</p>	<p>3. Roasted Chicken & Mashed Potato & Roll Salad Mix-Ranch Dressing Mixed fruit / Green Beans Choice of milk</p>
		<p>Nutrients: Fat: 28.6% Sat. fat: 9.2% Carb: 83.7G</p>	<p>Nutrients: Fat: 24.7% Sat. fat: 9.4% Carb: 97G</p>	<p>Nutrients: Fat: 13.4% Sat. fat: 4.6% Carb: 114.5G</p>
<p>6. Chicken Nuggets (whole grain) w/beans Salad Mix – Ranch Dressing Banana / Oranges/Celery w/ PB BBQ sauce Choice of milk</p>	<p>7. Rib shaped patty sandwich with BBQ sauce (beef) and Teddy Bear Cookie Salad Mix – Ranch Dressing Pineapple /Green beans / Apple Choice of milk</p>	<p>8. Hamburger (beef) with fries Shredded lettuce/Pickles Peaches / Corn Condiments Choice of milk</p>	<p>9. Sweet / Sour Meatballs over rice (beef) Salad Mix – Ranch Dressing Corn / Mixed fruit / Orange Choice of milk</p>	<p>10. Cheese Pizza Salad Mix – Ranch Dressing Pineapple/Apple/ Olives / Raisins Choice of milk</p>
<p>Nutrients: Fat: 26.1% Sat. fat: 5.9% Carb: 91.5G</p>	<p>Nutrients: Fat: 25.2% Sat. fat: 9.1% Carb: 93.4G</p>	<p>Nutrients: Fat: 20.3% Sat. fat: 6.1% Carb: 91.9G</p>	<p>Nutrients: Fat: 20.9% Sat. fat: 7.9% Carb: 98.4G</p>	<p>Nutrients: Fat: 27.4% Sat. fat: 12.9% Carb: 86.1G</p>
<p>13. Hot Dog (chicken) w/ fries Salad Mix – Ranch Dressing Applesauce / Tangerines / Animal Cracker Condiments Choice of milk</p>	<p>14. Corndog Whole Grain (chicken) Apple/ Mixed fruit Chips Choice of milk Min. Day</p> 	<p>15. Tuna Sandwich Pears /Orange / Chips / Raisins Choice of milk</p>	<p>16. Nachos Salad Mix – Ranch Dressing Broccoli / Mixed fruit/ Apple Choice of milk</p>	<p>17. Grilled Cheese Sandwich w/ Teddy Bear Cookie Salad Mix / Dressing Applesauce / Carrots / Garbanzo Beans Choice of milk</p>
<p>Nutrients: Fat: 30.5% Sat. fat: 8.7% Carb: 100G</p>	<p>Nutrients: Fat: 20.7% Sat. fat: 5.4% Carb: 108G</p>	<p>Nutrients: Fat: 20.2% Sat. fat: 4.2% Carb: 107.1G</p>	<p>Nutrients: Fat: 30.9% Sat. fat: 6.5% Carb: 87.8G</p>	<p>Nutrients: Fat: 24.4% Sat. fat: 11% Carb: 92.6G</p>
<p>20.</p> 	<p>21.</p> 	<p>22.</p> 	<p>23.</p> 	<p>24.</p> 
<p>27. Chicken Nuggets (whole grain) with Teddy Bear Cookie Oranges/Mixedfruit/Greenbeans/Raisins BBQ sauce Choice of milk</p>	<p>28. Deli Ham w/ cheese Sandwich (turkey) Shredded lettuce / Pickles Apple / Chicken Pasta Salad Condiments Choice of milk</p>	<p>29. Hamburger (beef) with fries Shredded lettuce/Pickles Peaches / Corn Condiments Choice of milk</p>		
<p>Nutrients: Fat: 21% Sat. fat: 4.6% Carb: 98.6G</p>	<p>Nutrients: Fat: 27.6% Sat. fat: 8.8% Carb: 81.7G</p>	<p>Nutrients: Fat: 20.3% Sat. fat: 6.1% Carb: 91.9G</p>		

Nutrition information is for general purposes only and should not be used for medical purposes, nutrient values may change on any day due to food availability or food cost