









Burlington MS & HS 2012

February



Parents interested in serving on an Advisory Committee for School Lunch call Pat @ 239-9635.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Alternate Entree Offered Daily: PB & J, Cold Sandwich, & Salad Platters.	A variety of milk choices will be offered every day and are included with the daily lunch price. Juice or water may be purchased seperately. 	1 Half Day 	2 Nachos w/ Beef & Cheese Rice Tender Corn Niblets Juicy Oranges Fresh Fruit Choice Churro	3 Pizza Garden Salad w/Dressings Hawaiian Pineapple Tidbits Fresh Fruit Choice Yellow Cake	Cal 705 T.Fat 22.84 G S.Fat 6.3 G Sodm 988.00 Mg Carb 106.27 G Fiber 5.4 G Prtn 24.73 G Calc 432.47 Mg
6 Cheesesteak on Torpedo Roll Oven Brownd Fr. Fries Cooked Carrot Coins Cling Sliced Peaches Fresh Fruit Choice	7 Popcorn Chicken Wheat Roll w/ Butter Pasta side Seasoned Green Beans Mixed Fruit Medley Fresh Fruit Choice Fruit Fluff	8 Hoagie Sandwich Chips Crunchy Carrot & Celery w/ Dip Fresh Fruit Choice Fudgy Brownies	9 Cinnamon French Toast Sausage Hashed Brown Patty Chilled Orange Juice Fresh Fruit Choice Hot Cinnamon Apples	10 Cheesy Pizza on WW Crust Garden Salad w/Dressings Fresh Fruit Salad Fresh Fruit Choice Oatmeal Raisin Cookie	Cal 750 T.Fat 24.20 G S.Fat 7.7 G Sodm 1330.77 Mg Carb 108.53 G Fiber 9.8 G Prtn 28.57 G Calc 375.29 Mg
13 Hot Dog on a Bun Doritos Vegetarian Bake Beans Applesauce Fresh Fruit Choice Creamy Vanilla Pudding	14 Heart Healthy Turkey & Cheese on WBun Sweetheart Sun Chips Pucker Up Pineapple Fresh Fruit Choice Cupid's Valentine Cake 	15 Rotini w/ Marinara Sauce Buttery Italian Bread Garden Salad w/Dressings Bartlett Pears Fresh Fruit Choice Jello w/ Topping	16 Pizza Garden Salad w/Dressings Cling Sliced Peaches Fresh Fruit Choice Hot Apple Crisp	17 No School Today 	Cal 849 T.Fat 22.50 G S.Fat 5.7 G Sodm 1570.98 Mg Carb 138.67 G Fiber 8.8 G Prtn 27.69 G Calc 472.61 Mg
20 No School Today 	21 Chicken Pattie Wheat Bun w/ special sauce Oven Brownd Fr. Fries Cooked Carrot Coins Fresh Fruit Choice Chocolate Chip Cookie	22 Grilled Cheese Sandwich Tomato Soup Goldfish Crackers Crunchy Carrot & Celery w/ Dip Fresh Fruit Choice Moist Chocolate Cake	23 Meatball Sandwich Pasta Salad Seasoned Green Beans Fresh Fruit Choice Jello w/ Topping	24 Mini Cheese Pizza Bagels Garden Salad w/Dressings Bartlett Pear & Cherry Fresh Fruit Choice Hot Cinnamon Apples	Cal 747 T.Fat 24.75 G S.Fat 8.1 G Sodm 1752.36 Mg Carb 104.30 G Fiber 8.0 G Prtn 31.46 G Calc 448.04 Mg
27 Crispy Chicken Nuggets Wheat Roll w/ Butter Pasta side Krispy Carrot Sticks Mixed Fruit Medley Fresh Fruit Choice Fudgesicle	28 Buffalo Cheese Crunchers Garden Salad w/Dressings Cling Sliced Peaches Fresh Fruit Choice Jello w/ Topping	29 Steak Hoagie Tasty Tater Tots Hawaiian Pineapple Tidbits Fresh Fruit Choice Apple Cobbler	Lunch Prices HS & MS \$2.25 Elementary \$2.10 Milk \$0.50 L.F. Milk \$0.70		Cal 898 T.Fat 27.73 G S.Fat 8.5 G Sodm 1154.66 Mg Carb 122.36 G Fiber 8.5 G Prtn 29.42 G Calc 334.36 Mg

ALERT: Most of our menu items contain the following allergens: milk, dairy, eggs, soy and wheat. If your child has allergies, he/she may not be permitted to purchase lunch.