

LAFAYETTE-PERSHING SCHOOL MENU FEBRUARY 2017

BREAKFAST MENU

Choose at least 3 items; one item must be a ½ cup serving of a vegetable, fruit or fruit juice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal Bowl w/1 pk. Graham Crackers or Muffin Choice of: Vegetable, Fruit Cup, Juice, Milk	Mini Pancakes or Goldfish Cracker w/Yogurt Choice of: Vegetable, Fruit Cup, Juice, Milk	Bagel w/Cream Cheese or Cereal Bowl w/1 pk. Graham Crackers Choice of: Fruit Cup or Juice Vegetable, Fruit Cup, Juice, Milk	Goldfish Cracker w/Yogurt or Cereal Bowl w/1 pk. Graham Crackers Choice of: Vegetable, Fruit Cup, Juice, Milk	Cereal Bowl w/1 pk. Graham Crackers or Mini Waffle Choice of: Vegetable, Fruit Cup, Juice, Milk

LUNCH MENU

		Feb. 1	Feb. 2	Feb. 3
		Cheeseburger on WG Bun Glazed Carrot Coins Potato Wedges Fruit Cup	Chicken Tacos (2) w/Brown Rice, Fixins & Salsa on Taco Shells Carrot Sticks w/Dip Corn Niblets Fruit Cup	Whole Grain Pizza w/wo Toppings Carrot Sticks w/Dip Seasoned Broccoli Fruit Cup
Feb. 6	Feb. 7	Feb. 8	Feb. 9	Feb. 10
Pancakes w/ Sausage Patty Carrot Sticks w/Dip Hash Brown Potato Fruit Cup	Hot Dog on WG Bun Carrot Sticks w/Dip Vegetarian Beans Fruit Cup	WG Pasta w/Meat Sauce WG Bread Stick Carrot Sticks w/Dip Seasoned Green Beans Fruit Cup	Beef Tacos (2) w/Brown Rice, Fixins & Salsa on Taco Shells Glazed Carrot Coins Corn Niblets Fruit Cup	Whole Grain Pizza w/wo Toppings Carrot Sticks w/Dip Seasoned Spinach Fruit Cup
Feb. 13	Feb. 14	Feb. 15	Feb. 16	Feb. 17
Chicken Nuggets w/ WG Bread Slice Carrot Sticks w/Dip Potato Wedges Fruit Cup	Toasted Cheese Sandwich on WG Bread Carrot Sticks w/Dip Tomato Soup Seasoned Green Beans Fruit Cup	Chili Bowl w/Nacho Tortilla Chips, Garden Salsa & Sour Cream Carrot Sticks w/Dip Corn Niblets Fruit Cup	Whole Grain Pizza w/wo Toppings Carrot Sticks w/Dip Seasoned Broccoli Fruit Cup	SCHOOL CLOSED: LINCOLN'S BIRTHDAY 
Feb. 20	Feb. 21	Feb. 22	Feb. 23	Feb. 24
SCHOOL CLOSED: WASHINGTON'S BIRTHDAY 	French Toast Sticks w/ Sausage Patty Carrot Sticks w/Dip Hash Brown Potato Fruit Cup	Chicken Stir Fry w/ Oriental Vegetables Carrot Sticks w/Dip Brown Rice Fruit Cup	Chicken Sticks w/ WG Waffle Candied Sweet Potatoes Seasoned Mixed Vegetables Fruit Cup	Whole Grain Pizza w/wo Toppings Carrot Sticks w/Dip Seasoned Broccoli Fruit Cup
Feb. 27	Feb. 28			
Cheeseburger on WG Bun Carrot Sticks w/Dip Potato Wedges Fruit Cup	Chicken Stir Fry w/Oriental Vegetables, Brown Rice & WG Bread Slice Carrot Sticks w/Dip Oriental Stir Fry Vegetables Fruit Cup		This institution is an equal opportunity provider. ~~~~~ El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.	EMPLOYMENT OPPORTUNITIES ! Substitute Food Service Workers needed. Contact (856) 299-6300 ext. 3225 for more information.

Colleen M. Green, Food Service Director (856) 299-6300 Ext. 3225

CAUTION: Common food allergen triggers-such as, but not limited to, dairy, eggs, fish, milk, nuts, soy and wheat may have come in contact with some or all of the foods served due to cross-contamination possibility in manufacturing or service and preparation.

BREAKFAST SERVICE EVERY DAY IN THE CAFETERIA. ALL STUDENTS ARE WELCOME!

PAID BREAKFAST: \$1.50
REDUCED BREAKFAST: \$.30

Breakfast Includes:
Choice of up to 2 bread/grains,
1 cup of fruit and 1milk.
Students must select at least 3 food items including at least ½ cup of vegetable, fruit or fruit juice.

PAID LUNCH: \$2.55
REDUCED: \$.40

Lunch Includes:
Milk, Fruit, Vegetable,
Whole Grain (WG) and
Meat/Meat Alternate
Students must select one (1) serving of fruit or vegetable with their lunch

ALTERNATE LUNCH CHOICES DAILY:

PB & J on WG Bread
w/Cheese Stick or Yogurt
or Tuna on WG Bread

VARIETY OF MILK DAILY LOW FAT/FAT-FREE

FRESH FRUIT AVAILABLE EVERY DAY

SNACKS and BEVERAGES AVAILABLE FOR PURCHASE

PLEASE KEEP A POSITIVE BALANCE IN YOUR CHILD'S MEAL ACCOUNT

MAKE ONLINE PAYMENTS AT WWW.PAYPAMS.COM

MENU SUBJECT TO CHANGE

Website of the Month:
www.leafy-greens.org