

FEBRUARY 2012

LAKE WALES CHARTER SCHOOLS BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Egg & Cheese Hot Pocket Juice Fresh Fruit Milk	2 Egg & Cheese Bagel Fruit Salad Milk	3 Whole Wheat Pancakes Turkey Sausage Juice Milk
6 French Toast Sticks Yogurt Juice Milk	7 Enriched Cereal Graham Crackers Fresh Fruit Milk	8 Turkey Sausage Biscuit Fruit Salad Milk	9 Whole Wheat Toast Peanut Butter & Jelly Fruit Salad Milk	10 Breakfast Pizza Juice Milk
13 Enriched Cereal Graham Crackers Fruit Cocktail Cheese Stick Milk	14 Whole Wheat Muffin Fresh Fruit Yogurt Cheese Stick Milk	15 Egg & Cheese Hot Pocket Juice Fresh Fruit Milk	16 Egg & Cheese Bagel Fruit Salad Milk	17 Whole Wheat Pancakes Turkey Sausage Juice Milk
20 STUDENT HOLIDAY	21 Enriched Cereal Graham Crackers Fresh Fruit Milk	22 Turkey Sausage Biscuit Fruit Salad Milk	23 Whole Wheat Toast Peanut Butter & Jelly Fruit Salad Milk	24 Breakfast Pizza Juice Milk
27 Enriched Cereal Graham Crackers Fruit Cocktail Cheese Stick Milk	28 Whole Wheat Muffin Fresh Fruit Yogurt Cheese Stick Milk	29 Egg & Cheese Hot Pocket Juice Fresh Fruit Milk	DID YOU KNOW? <i>Drinking just one can of soda a day increases a child's risk of obesity by 60%. Restrict your child's soft drink consumption.</i>	

"In accordance with Federal Law, and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."

February 2012

LAKE WALES CHARTER SCHOOLS LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Be My Valentine!</i>		1 Beef Soft Tacos Rice Fiesta Corn Fresh Fruit Milk	2 Spaghetti w/meatballs Garlic Bread Garden Salad Fresh Fruit Milk	3 Pizza Baby Carrots w/ranch dressing Jell-O w/fruit Milk
6 Hot Dog w/bun Mac & Cheese Baked Beans Coleslaw Milk	7 Chicken Parmesan w/cheese Pasta w/sauce Fresh Fruit Milk	8 Chicken Patty w/bun Oven-baked fries Corn, cooked Fresh Fruit Lettuce & Tomato Milk	9 Baked Chicken w/BBQ sauce Baked Beans Mashed Potatoes w/gravy Bread Fresh Fruit/Milk	10 Pizza Garden Salad Fresh Fruit Milk
13 Spaghetti w/meat sauce Garlic Bread Garden Salad Fresh Fruit Milk	14 Turkey Soft Tacos Rice Fiesta Corn Fresh Fruit Milk	15 Meatloaf Mashed Potatoes w/gravy Green Beans Bread Milk	16 Sloppy Joe (Pork) w/bun Tator-tots Fresh Fruit Milk	17 Pizza Baby Carrots w/ranch dressing Jell-O w/fruit Milk
20 STUDENT HOLIDAY	21 Hamburger w/bun Oven-baked fries Corn, cooked Fresh Fruit Lettuce & Tomato Milk	22 Baked Ziti Garden Salad Fresh Fruit Milk	23 Salisbury Steak Mashed Potatoes w/gravy Mixed Vegetables Bread Fresh Fruit Milk	24 Pizza Garden Salad Fresh Fruit Milk
27 Sloppy Joe (Turkey) w/bun Tator-tots Fresh Fruit Milk	28 Chicken Nuggets Mashed Potatoes w/gravy Peas & Carrots Milk	29 Beef Soft Tacos Rice Fiesta Corn Fresh Fruit Milk	<i>DID YOU KNOW?</i> <i>Drinking just one can of soda a day increases a child's risk of obesity by 60%. Restrict your child's soft drink consumption.</i>	

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