

## BRIDPORT CENTRAL SCHOOL

## LUNCH MENU

FEBRUARY 2012

| SUNDAY    | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY       |
|-----------|---|--|--|--|---|----------------|
|           | <b>JANUARY 29</b><br>CHICKEN PATTIE<br>WWHOLE WHEAT<br>BUN<br>SWEET POTATO<br>FRIES<br>VEGGIE / FRUIT | <b>JANUARY 31</b><br>HOMEMADE SOUP<br>TURKEY SALAD<br>SANDWICH<br>VEGGIE<br>FRUIT  | <b>Banking Day 1</b><br>BRIDPORT STEAK<br>MASHED POTATO<br>VEGGIE / FRUIT<br>MUFFIN<br>SKIM CHOC. MILK             | <b>2</b><br>SPANISH RICE<br>CHEESEY BREAD<br>VEGGIE<br>FRUIT                 | <b>3</b><br>CHEESE STICK<br>ROMAINE TOSS<br>SALAD<br>FRUIT<br>C.C. COOKIE<br>SKIM CHOC. MILK  | <b>4</b>       |
| <b>5</b>  | <b>6</b><br>CHICKEN FAJITA<br>WRAP W/SALSA<br>BROWN RICE<br>VEGGIE<br>FRUIT                           | <b>7</b><br>BRUNCH FOR<br>LUNCH  | <b>Banking Day 8</b><br>STROMBOLI<br>VEGGIE<br>FRUIT<br>COWBOY COOKIE<br>SKIM CHOC. MILK                           | <b>9</b><br>CHILI<br>CORN BREAD<br>VEGGIE<br>FRUIT                           | <b>10</b><br>PIZZA<br>ROMAINE TOSS<br>SALAD<br>FRUIT<br>C.C. COOKIE<br>SKIM CHOC. MILK        | <b>11</b>      |
| <b>12</b> | <b>13</b><br>CHEESEBURGER<br>WWHOLE WHEAT<br>BUN<br>FRENCH FRIES<br>VEGGIE / FRUIT                    | <b>VALENTINE'S 14</b><br>CHICKEN-N-BISCUIT<br>MASHED POTATO<br>VEGGIE / FRUIT<br><br><b>2<sup>ND</sup> - 6<sup>TH</sup> FIELD TRIP</b> | <b>Banking Day 15</b><br>WHITE BEAN DIP W/PITA<br>CHIPS<br>SWEET POTATO FRIES<br>VEGGIE / FRUIT<br>SKIM CHOC. MILK | <b>16</b><br>ROTINI BAKE<br>VEGGIE<br>FRUIT<br>DESSERT                       | <b>17</b><br>CHEESE STICK<br>ROMAINE TOSS<br>SALAD<br>FRUIT<br>C.C. COOKIE<br>SKIM CHOC. MILK | <b>18</b>      |
| <b>19</b> | <b>20</b><br>NO-SCHOOL<br>PRESIDENTS'<br>DAY  | <b>NO-SCHOOL</b>   | <b>NO-SCHOOL</b><br>ASH WEDNESDAY<br>WASHINGTON'S<br>BIRTHDAY  | <b>NO-SCHOOL</b>   | <b>NO-SCHOOL</b>  | <b>25</b>      |
| <b>26</b> | <b>27</b><br>PRETZEL W/CHEESE<br>SAUCE<br>VEGGIE / FRUIT<br>DESSERT                                   | <b>28</b><br>SHEPARD'S PIE<br>CINN BUN<br>VEGGIE / FRUIT<br>FRUIT JELLO  | <b>Banking Day 29</b><br>HOMEMADE SOUP<br>HAM SALAD SANDWICH<br>VEGGIE STICKS / FRUIT<br>SKIM CHOC. MILK           | <b>MARCH 1</b><br>BARBECUE CHICKEN<br>POTATO<br>½ BISCUIT<br>VEGGIE<br>FRUIT | <b>MARCH 2</b><br>PIZZA BAGEL<br>ROMAINE TOSS<br>SALAD<br>C.C. COOKIE<br>SKIM CHOC. MILK      | <b>MARCH 3</b> |
| <b>26</b> | <b>27</b>   | <b>28</b>  | <b>Banking Day 29</b>  | <b>MARCH 1</b>   | <b>MARCH 2</b>  | <b>MARCH 3</b> |

BUCKS-FOR-BONES \*DETAILS TO FOLLOW

CALCIUM-RICH FOODS

\*MENU SUBJECT TO CHANGE WITHOUT NOTICE