

# ALACHUA COUNTY SECONDARY MENU- February 2010

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>1</b> Fruit Juice &amp; Choice of Milk Breakfast Pizza or Assorted Cereal w/Cinnamon Toast</p> <p>BBQ Cuban Pork on Bun/or Rice Baked Beans Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Sun Chips with Fruit Juice</i></p>	<p><b>2</b> Applesauce &amp; Choice of Milk French Toast/Waffles/Pancakes or Assorted Cereal w/ Cheese Toast Nacho Supreme, Refried Beans (shredded lettuce, diced tomatoes, sour cream, salsa, jalapenos,) Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Belly Bears with Milk</i></p>	<p><b>3</b> Fruit Juice &amp; Choice of Milk Egg/Canadian Biscuit or Assorted Cereal w/Biscuit &amp; Jelly</p> <p>Chicken Potato Bowl Fresh Biscuit w/Jelly Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Sugar Cookie w/ Fruit Juice</i></p>	<p><b>4</b> Mixed Fruit &amp; Choice of Milk Turkey Sausage or Chicken Biscuit or Assorted Cereal w/Graham Bears Spaghetti with Meat Sauce Garlic Bread Stick Fresh Salad w/Dressing Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Apple Slices with String Cheese</i></p>	<p><b>5</b> Fruit Juice &amp; Choice of Milk Egg and Grits or Assorted Cereal w/ Toast &amp; Jelly</p> <p>Teriyaki Chicken w/Steamed Rice w/Roll California Blend Vegetables Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Animal Crackers with Fruit Juice</i></p>
<p><b>8</b> Fruit Juice &amp; Choice of Milk Breakfast Pizza or Assorted Cereal w/Cinnamon Toast</p> <p>Old Fashioned Mac &amp; Cheese w/TurkeyHam Seasoned Collard Greens Fresh Biscuit w/Jelly Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Scooby Snacks with Fruit Juice</i></p>	<p><b>9</b> Fresh Banana &amp; Choice of Milk French toast/Waffles/Pancakes or Assorted Cereal w/Cheese Toast</p> <p>Montego Bay Chicken w/Sauce Steamed Rice or Pasta Mixed Vegetables Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Cereal with Milk</i></p>	<p><b>10</b> Fruit Juice &amp; Choice of Milk Egg/Canadian Bacon Biscuit or Assorted Cereal w/Biscuit &amp; Jelly</p> <p>Shrimp Poppers w/Sweet/Sour Sauce Steamed Rice w/Assorted. Roll &amp; Jelly Steamed Carrots Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Sun Chips with Fruit Juice</i></p>	<p><b>11</b> Peaches &amp; Choice of Milk Turkey Sausage or Chicken Biscuit or Assorted Cereal w/Graham Bears</p> <p>Turkey Roast w/ Assorted Roll &amp; jelly Mashed Potatoes w/Gravy Green Beans Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Fruit Cup with Milk</i></p>	<p><b>12</b> Fruit Juice &amp; Choice of Milk Eggs, Canadian Bacon w/Hash Brown or Assorted Cereal w/Toast &amp; Jelly <i>(Flex Day)</i></p> <p>Chicken Cacciatore w/Pasta Assorted Rolls/Bread w/jelly Steamed Broccoli Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Sun Chips with Fruit Juice</i></p>
<p><b>15</b></p> <p style="text-align: center;"><i>Presidents' Day Holiday</i></p>	<p><b>16</b> Applesauce &amp; Choice of Milk French Toast/Waffles/Pancakes or Assorted Cereal w/ Cheese Toast</p> <p>Chili w/Corn Bread Mixed Vegetables Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Pizza ½ Slice with Fruit Juice</i></p>	<p><b>17</b> Fruit Juice &amp; Choice of Milk Egg/Canadian Bacon Biscuit or Assorted Cereal w/Biscuit &amp; Jelly (Fajita)Chicken &amp; Rice Assorted Rolls/Breads w/honey California Blend Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Cinnamon Toast Crisps with Fruit Juice</i></p>	<p><b>18</b> Mixed Fruit &amp; Choice of Milk Turkey Sausage or Chicken Biscuit or Assorted Cereal w/Graham Bears Rib-a-Que w/Assorted Rolls Mashed Potatoes Green Beans Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Sun Chips with Fruit Juice</i></p>	<p><b>19</b> Fruit Juice &amp; Choice of Milk Eggs &amp; Grits or Assorted Cereal w/ Toast &amp; Jelly</p> <p>Teriyaki Beef Dippers w/ Steamed Rice Steamed Broccoli w/wo Cheese Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Cereal Bar with Fruit Juice</i></p>
<p><b>22</b> Fruit Juice &amp; Choice of Milk Breakfast Pizza or Assorted Cereal w/Cinnamon Toast</p> <p>(Soft)Taco (Meat or Veg)w/Salsa, S.Cream Lettuce &amp; Tomato Cup Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Scooby Snacks with Fruit Juice</i></p>	<p><b>23</b> Fresh Banana &amp; Choice of Milk French toast/Waffles/Pancakes or Assorted Cereal with Cheese Toast</p> <p>Italian Meatballs(4) on Bun Fresh Salad w/Dressing Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Cereal with Milk</i></p>	<p><b>24</b> Fruit Juice &amp; Choice of Milk Egg/Canadian Bacon Biscuit or Assorted Cereal w/Biscuit &amp; Jelly</p> <p>Cuban Pork on Bun or Black Beans w/Rice Mixed Vegetables Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Cinnamon Roll with Fruit Juice</i></p>	<p><b>25</b> Peaches &amp; Choice of Milk Turkey Sausage or Chicken Biscuit or Assorted Cereal w/Graham Bears</p> <p>Turkey Dinner w/ Assorted Roll w/jelly Mashed Potatoes w/Gravy California Blend Vegetables Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Pizza ½ Slice with Milk</i></p>	<p><b>26</b> Fruit Juice &amp; Choice of Milk Eggs, Canadian Bacon w/Hash Brown or Assorted Dry Cereal w/Toast &amp; Jelly</p> <p>Pork Meatballs w/ Rice or Noodles w/Rolls Steamed Broccoli with or without Cheese Choice of Fruit <i>Skim, 1% White or 1/2 % Choc. Milk Fresh Fruit with Mozzarella Cheese Stick</i></p>
	<p><i>Salad Meal Option Offered Daily</i></p> <p><i>Fresh Fruit Offered at least Twice a Week</i></p> <p><i>February 1-5, : Black History Week</i></p>			

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All menus subject to change due to availability