

# February 2010



## Alachua County Secondary Menu

February is Black History Month.

Encourage your child to have a delicious and nutritious meal at School AND have a chance at some super prizes! (AT participating Schools)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Fruit Juice Breakfast Pizza or Assorted Cereal w/Cinnamon Toast  BBQ Cuban Pork on Bun/or Rice Baked Beans Choice of Fruit	<b>2</b> Applesauce French Toast/Waffles/Pancakes or Assorted Cereal w/ Cheese Toast Nacho Supreme, Refried Beans (shredded lettuce, diced tomatoes, sour cream, salsa, jalapeños.) Choice of Fruit	<b>3</b> Fruit Juice Egg/Canadian Biscuit or Assorted Cereal w/Biscuit & Jelly  Chicken Potato Bowl Fresh Biscuit w/Jelly Choice of Fruit	<b>4</b> Mixed Fruit 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	<b>5</b> Fruit Juice Egg and Grits or Assorted Cereal w/ Toast & Jelly  Teriyaki Chicken w/Steamed Rice California Blend Vegetables Choice of Fruit
<b>8</b> Fruit Juice Breakfast Pizza or Assorted Cereal w/Cinnamon Toast  Old Fashioned Mac & Cheese w/ T. Ham Seasoned Collard Greens Fresh Biscuit w/Jelly Choice of Fruit	<b>9</b> Fresh Banana French toast/Waffles/Pancakes or Assorted Cereal w/Cheese Toast  Montego Bay Chicken w/Sauce Steamed Rice Mixed Vegetables Choice of Fruit	<b>10</b> Fruit Juice Egg/Canadian Bacon Biscuit or Assorted Cereal w/Biscuit & Jelly  Shrimp Poppers w/Sweet/Sour Sauce Steamed Rice Steamed Carrots Choice of Fruit	<b>11</b> Peaches Turkey Sausage or Chicken Biscuit or Assorted Cereal w/ Graham Bears  Turkey Roast w/ Assorted Roll & jelly Mashed Potatoes w/Gravy Green Beans Choice of Fruit	<b>12</b> <i>No School Flex-Day</i>   <i>Lincoln's Birthday</i>
<b>15</b> <b>President's Day No School</b>  	<b>16</b> Applesauce French Toast/Waffles/Pancakes or Assorted Cereal w/ Cheese Toast  Chili w/Corn Bread Mixed Vegetables Choice of Fruit	<b>17</b> Fruit Juice Egg/Canadian Bacon Biscuit or Assorted Cereal w/Biscuit & Jelly  Chicken & Rice Assorted Rolls/Breads w/honey California Blend Choice of Fruit	<b>18</b> Mixed Fruit Turkey Sausage or Chicken Biscuit or Assorted Cereal w/Graham Bears  Rib-a-Que w/Assorted Rolls Mashed Potatoes Green Beans Choice of Fruit	<b>19</b> Fruit Juice Eggs & Grits or Assorted Cereal w/ Toast & Jelly  Teriyaki Beef Dippers w/ Steamed Rice Steamed Broccoli w/wo Cheese Choice of Fruit
<b>22</b> Fruit Juice Breakfast Pizza or Assorted Cereal w/Cinnamon Toast  (Soft)Taco (Meat or Veg) w/Salsa, Sour Cream Lettuce & Tomato Cup Choice of Fruit	<b>23</b> Fresh Banana French toast/Waffles/Pancakes or Assorted Cereal with Cheese Toast  Italian Meatballs(4) on Bun Fresh Salad w/Dressing Choice of Fruit	<b>24</b> Fruit Juice Egg/Canadian Bacon Biscuit or Assorted Cereal w/Biscuit & Jelly  Cuban Pork on Bun or Black Beans w/Rice Mixed Vegetables Choice of Fruit	<b>25</b> Peaches Turkey Sausage or Chicken Biscuit or Assorted Cereal w/Graham Bears  Turkey Dinner w/Assorted Roll w/jelly Mashed Potatoes w/Gravy California Blend Vegetables Choice of Fruit	<b>26</b> Fruit Juice Eggs, Canadian Bacon w/Hash Brown or Assorted Dry Cereal w/Toast & Jelly  Pork Meatballs w/ Rice or Noodles Steamed Broccoli with or without Cheese Choice of Fruit
 	<b>Fresh Fruit offered Twice a Week</b>  		<b>Choice of Ice Cold Milk at Every Meal!</b>  	<b>Give Peas a Chance</b>   <b>Go Fresh!</b>

Sandwich and Salad Options Available Daily



Other items offered at the Café Manager's Discretion

Thank You

In accordance with Federal law and U.S. Department of Agriculture policy, Alachua County Public Schools does not discriminate on the basis of race, color, religion, national origin, sex (gender), marital status, disability, sexual orientation, gender identity, age or legally-protected characteristics in its educational programs and activities. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or (202) 720-6382 (TTY). The USDA is an equal opportunity provider and employer.

All menus subject to change due to availability

