

# 2012 February

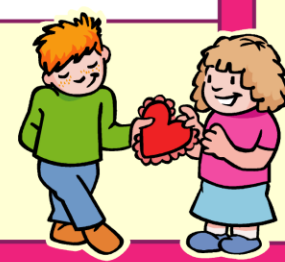
## Waynesville Elementary

Lunch - \$2.50



### News

Talk about nutritious ingredients like fruit, vegetables, whole grains, and dairy products with your child. Together, write down snack ideas, such as fruit salad, a turkey sandwich, a microwave-baked potato, or grape tomatoes and cheese cubes on a skewer. You can also look online or in cookbooks for fun snacks like “banana balls” (mash a banana, mix in ½ cup chunky peanut butter, form into balls, and roll them in crushed nuts, low-fat granola, or coconut).



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

|  |   |   |   |  |
|--|---|---|---|--|
|  |   | <b>1</b><br>Tony's Cheese Pizza<br>Mixed Veggies<br>Strawberry Cups<br>Milk | <b>2</b><br>Walking Taco<br>Taco Meat, Fritos,<br>Cheese<br>Baked Beans<br>Peach Cups<br>Milk | <b>3</b><br>Chicken Nuggets<br>Corn on the Cob<br>Raisin Muffins<br>Milk |
| <b>6</b><br>Pizza Hoagies<br>Green Beans<br>Peaches<br>Milk  | <b>7</b><br>Hamburger<br>w/Lettuce, Tomato,<br>Pickles<br>Baked Beans<br>Pears<br>Milk                  | <b>8</b><br>Pizza Rolls<br>Corn<br>Mixed Fruit<br>Milk                      | <b>9</b><br>Grilled Cheese<br>Tomato Soup<br>w/Crackers<br>Applesauce<br>Milk                 | <b>10</b><br>Popcorn Chicken<br>Mashed Potatoes<br>Pineapple<br>Milk     |
| <b>13</b><br>Hot Dog on Bun<br>Baked Beans<br>Pears<br>Milk  | <b>14</b><br>Chicken Nuggets<br>Green Beans<br>Mandarin Oranges<br>Cookies<br>Milk                      | <b>15</b><br>Stuffed Crust Pizza<br>Corn<br>Fruit Turnovers<br>Milk         | <b>16</b><br>Meatball Sub<br>Mixed Veggies<br>Sherbet<br>Milk                                 | <b>17</b><br>Chicken Strips<br>Mashed Potatoes<br>Peach Cups<br>Milk     |
| <b>20</b><br>NO<br>SCHOOL  | <b>21</b><br>Chicken Sandwich<br>Carrot Stix w/Dip<br>Cooked Apples<br>Milk                             | <b>22</b><br>Tony's Cheese Pizza<br>Corn<br>Mixed Fruit<br>Milk             | <b>23</b><br>Footlong Hot Dog<br>Baked Beans<br>Applesauce<br>Milk                            | <b>24</b><br>Popcorn Chicken<br>Green Beans<br>Peaches<br>Milk           |
| <b>27</b><br>Brunch for Lunch<br>Sausage Wrap w/Egg or<br>Bagel, Egg, Sausage<br>Sandwich<br>Tri-Tater<br>Juice & Milk | <b>28</b><br>Ham/Cheese Stromboli or<br>Ham/Cheese Hot Pockets<br>Baked Beans<br>Raisin Muffins<br>Milk | <b>29</b><br>Pizza Rolls<br>Corn on the Cob<br>Fruit Turnovers<br>Milk      |   |  |