

MARGARET CLIFFORD SCHOOL

February 2012

Visit our Website at: www.nsfm.com

Lunch Menu <u>Prices:</u>	Monday	Tuesday	Wednesday	Thursday	Friday
	Student Paid: \$2.25 Student Reduced: .40 Adult Lunch: 4.00 Milk: .50 <u>Ala Carte and Snacks</u>			1 CHICKEN PATTY on a whole grain bun Fresh Veggies Fresh Orange DAY B - Milk Choice	2 CHICKEN NUGGETS w/ whole grain dinner roll Ceasar Salad Mixed Fruit Cup DAY C - Milk Choice
<u>Available Daily:</u> Cereal, Yogurt, Mini Bagel, Jelly, String Cheese, Veggies, Fresh Fruit, Choice of Milk Milk Choices; 1%, White, Choc. Strawberry, Skim	6 CORN DOG Whole Grain Dinner Roll Green Beans Mixed Fruit Cup DAY E - Milk Choice	7 MEATBALL PARMIGIANA on a Whole Grain Torpedo Roll Salad 100% Juice Cup DAY A - Milk Choice	8 CHICKEN PATTY on a whole grain bun Potato Wedges Orange DAY B - Milk Choice	9 CHICKEN NUGGETS w/ whole grain dinner roll Peas, Carrots Pears DAY C - Milk Choice	10 GRILLED CHICKEN SANDWICH Mixed Greens Salad Fresh Orange Jello DAY D - Milk Choice
<u>What's New this Month...</u> <i>Vegetable of the Month:</i> Celery Sticks <i>Fruit of the Month:</i> Pears	13 CORN DOG w/ Wheat Dinner Roll Corn 100% Grape Juice Cup DAY E - Milk Choice	<u>VALENTINE'S GIVEAWAY</u> GRILLED CHICKEN SANDWICH on a Whole Grain Bun Garden Salad Diced Pears DAY A - Milk Choice	15 PANCAKES w/ Syrup Cup Hash Brown Log Sausage Patty Fresh Orange DAY B - Milk Choice	16 CHICKEN NUGGETS Celery & Carrot Sticks w/ Dressing Cup Assorted Fruit Choices DAY C - Milk Choice	17 PRESIDENT'S WEEKEND NO SCHOOL
If a student has a milk allergy, Lactose Free Milk is available as a <i>substitution upon request.</i> <u>Balloons for Balanced Lunch</u> Orange = Grains Green = Vegetables Red = Fruits Blue = Milk Purple = Meat & Beans Yellow=Oils & X Energy	20 PRESIDENT'S WEEKEND NO SCHOOL	21 FRENCH TOAST STICKS w/ Sausage Patty Hash Brown Potato 100% Orange Juice Cup DAY D - Milk Choice	<u>22</u> CHEESE BURGER lettuce, tomato, pickles Baked French Fries Apple Sauce DAY E - Milk Choice	23 CHICKEN NUGGETS w/ whole grain dinner roll Garden Salad Fresh Orange DAY A - Milk Choice	24 GRILLED CHICKEN SANDWICH Ceasar Salad w/ Croutons Dried Fruit Mix DAY B - Milk Choice
	27 CORN DOG Sweet Potato Fries Mixed Greens Salad Applesauce DAY C - Milk Choice	28 ITALIAN HOAGIE w/ Chips & Pickles Green Beans Pears DAY D - Milk Choice	29 CHICKEN PATTY on a whole grain bun Salad Banana DAY E - Milk Choice		
<i>Menu subject to change without notice*</i>	Food Service Director - Michelle Barnabie		email: swe@nsfm.com		