

NORTH CENTRAL

February 2012

Milk
All Grades & Adults
\$.35

Breakfast
Grades K-6 \$1.25
Grades 7-12 \$1.50

Lunch
Grades K-6 \$2.25
Grades 7-12 \$2.50

Salad Bar
Grades 7-12 \$2.50
Adults \$3.25

Chef Salads
Grades 3-6 \$2.25

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast-36g Cereal, Yogurt Juice & Milk Lunch-73g Eagle Sub-32g Coleslaw-19g Celery Sticks-2g Peaches-20g Milk	2 Breakfast-43g French Toast & Sausage Juice & Milk Lunch-69g Corn Dog-29g French Fries-20g Pears-20g Milk	3 Breakfast-32g Sausage Breakfast Bagel Juice & Milk Lunch Chicken Strips-15g Cheesy Potatoes-18g Roll w/ Butter-14g Fruit 18-21g Milk
6 Breakfast-39g Pancakes & Sausage Juice & Milk Lunch Tacos-15g Fritos-12g Corn-18g Fruit -18-21g Milk	7 Breakfast-39g Sausage Gravy & Biscuits Juice & Milk Lunch-75g Spaghetti w/ Meat Sauce-32g Bread Stick-23g Pineapple-20g Milk	8 Breakfast-36g Cereal, Yogurt Juice & Milk Lunch-62g Cheeseburger-27g Cheese Stick-1g Potato Wedges-14g Applesauce-20g Milk	9 Breakfast-43g French Toast & Sausage Juice & Milk Lunch-68g Chili Cheese Crunch-30g Roll w/ Butter-14g Salad-4g Pears-20g Milk	10 Breakfast-39g Cinnamon Tastrie Juice & Milk Lunch Pizza-36g Coleslaw-19g Or Salad-4g Orange Slices-21g Milk
13 Breakfast-39g Pancakes, Sausage Juice & Milk Lunch Chicken Sandwich-39g Tater Tots-17g Carrot Sticks-3g Fruit-18-21g Milk	14 Breakfast-36g Cereal, Yogurt Juice & Milk Lunch-77g Sloppy Joe-38g Tri-Tater-13g Celery w/ Peanut Butter-5g Apple Crisp-21g Milk	15 Breakfast-36g Bacon, Egg & Cheese Pizza Juice & Milk Lunch-78g Macaroni & Cheese-36g Roll w/ Butter-14g Peas & Carrots-8g Pears-20g Milk	16 Breakfast-43g French Toast & Sausage Juice & Milk Lunch-69g Chicken Nuggets-15g Roll w/ Butter-14g French Fries-20g Applesauce-20g Milk	17 No School
20 No School	21 Breakfast-39g Sausage Gravy & Biscuits Juice & Milk Lunch-72g Hot Chicken Sandwich-29g Baked Beans-21g Celery Sticks-2g Peaches-20g Milk	22 Breakfast-36g Cereal, Yogurt Juice & Milk Lunch-54g Hot Dog on Bun-20g Yogurt-11g Tri Taters-21g Applesauce-2g Milk	23 Breakfast-44g Waffles Juice & Milk Lunch-66g Tater Tot Casserole-26g Roll w/ Butter-14g Carrots-6g Pears-20g Milk	24 Breakfast-39g Ham, Egg & Cheese Muffin Juice & Milk Lunch-73g Tangy Chicken-27g Rice-22g Green Beans-4g Pineapple-20g Milk
27 Breakfast-39g Cinnamon Tastrie Juice & Milk Lunch Chicken Strips-15g Curly Fries-11g Goldfish Crackers-14g Fresh Fruit 16-21g Milk	28 Breakfast-36g Cereal, Yogurt Juice & Milk Lunch Ham & Cheese Stromboli-37g Coleslaw -19g Or Baked Beans-21g Applesauce-20g Milk	29 Breakfast-32g Sausage Breakfast Bagel Juice & Milk Lunch-76g Lasagna-29g Bread Stick-23g Green Beans-4g Pears-20g Milk	Mar 1 Breakfast-43g French Toast, Sausage Juice & Milk Lunch-57g Chicken Noodle Soup-14g Crackers-9g String Cheese-1g Strawberry Cup-33g Milk	Mar 2 Breakfast Pancakes or PBJ Juice & Milk Lunch-57g Pizza-36g Celery & Carrot Stick-4g Ranch Dressing-1g Grapes-16g Milk

This menu is subject to change. Carb Grams do not include condiments or milk. Please visit school website for a list of these items.

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