

FEBRUARY 2012

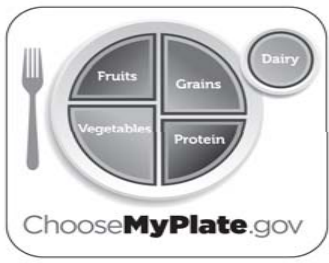




Freshly Prepared Chef Salads are Available Daily

Vegetarian meals are available upon request.

Choice of Milk Daily - 1% Fat, Non-Fat White Milk & Non-Fat Chocolate Milk

*These items contain pork **These items may contain pork

**LUNCH
GRADES K - 5**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY										
	<p>Healthy Eating Tips</p> <ul style="list-style-type: none"> - Make at least half your grains whole grains - Vary your veggies - Focus on Fruits - Get your calcium-rich foods - Go lean with protein 	<p>Cheeseburger on a Bun</p> <p>Oven Crisp French Fries</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">1</p>	<p>Cheese Pizza</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Minute Maid Frozen Juice</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">2</p>	<p>Bean & Cheese Burrito</p> <p>Spanish Rice</p> <p>Fresh Bunny Luv Carrots w/ Dip</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">3</p>										
<p>Whole Grain Chicken Nuggets</p> <p>Oven Crisp Potato Fries</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">6</p>	<p>Corn Dog on a Stick</p> <p>Potato Rounds</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">7</p>	<p>Hamburger on a Bun</p> <p>Oven Crisp French Fries</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">8</p>	<p>Pepperoni & Cheese Pizza*</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Sweet Raisins</p> <p>Luigi's Fruit Sherbet Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">9</p>	<p>Teriyaki Chicken</p> <p>Steamed Rice</p> <p>Fresh Broccoli Florets w/ Dip</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">10</p>										
 <p style="text-align: center;">Lincoln</p> <p style="text-align: center;">13</p>	<p>Breaded Chicken Sandwich</p> <p>Oven Crisp Potato Fries</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">14 </p>	<p>Cheeseburger on a Bun</p> <p>Oven Crisp French Fries</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">15</p>	<p>Pepperoni & Cheese Pizza*</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Minute Maid Frozen Juice</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">16</p>	<p>Chicken Fajitas w/ Tortilla</p> <p>Spanish Rice</p> <p>Fresh Bunny Luv Carrots w/ Dip</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">17</p>										
 <p style="text-align: center;">Washington</p> <p style="text-align: center;">20</p>	<p>Whole Grain Chicken Nuggets</p> <p>Oven Crisp Potato Fries</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">21</p>	<p>Wild Milke's Cheese Pizza Wedge</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Luigi's Fruit Sherbet Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">22</p>	<p>Hamburger on a Bun</p> <p>Oven Crisp Fries</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">23</p>	<p>Bean & Cheese Burrito</p> <p>Spanish Rice</p> <p>Fresh Broccoli Florets w/ Dip</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">24</p>										
<p>Chicken Tenders</p> <p>Oven Crisp Potato Fries</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">27</p>	<p>Soft Beef Taco w/Whole Wheat Tortilla</p> <p>Shredded Lettuce</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Chocolate Muffin</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">28</p>	<p>Cheeseburger on a Bun</p> <p>Oven Crisp French Fries</p> <p>Fresh Fruit / Chilled Fruit Cup</p> <p>Choice of Whole Grain Crackers</p> <p style="text-align: center;">29</p>	 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p style="text-align: center;">Lunch Prices (includes milk)</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Paid</td> <td style="text-align: right;">\$2.00</td> </tr> <tr> <td>Reduced</td> <td style="text-align: right;">.40</td> </tr> <tr> <td>Adult</td> <td style="text-align: right;">3.00</td> </tr> <tr> <td>Milk (8 oz.)</td> <td style="text-align: right;">.30</td> </tr> <tr> <td>Juice (4 oz.)</td> <td style="text-align: right;">.25</td> </tr> </table> </div>		Paid	\$2.00	Reduced	.40	Adult	3.00	Milk (8 oz.)	.30	Juice (4 oz.)	.25
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Did you know you can make pre-payments directly to your child's meal account? Please take advantage of the options to prepay your student's meal accounts. Prepaid meal accounts help the lunch lines go faster and gives students more time to eat, relax, and play. It also gives you the peace of mind of not having to worry about looking for lunch money everyday or worry that it might get lost, stolen or used for things other than lunch. Please ask the school cashier for details or call (562) 690-2318.

Visit our District website for monthly menus @ www.lhcsd.k12.ca.us/food.html