

Offered Everyday:  
 ♥ Fresh Crunchy Carrot Sticks  
 ♥ Vanilla Yogurt Parfait  
 ♥ Chef Salad  
 ♥ PBJ Sandwich  
 ♥ Trix Yogurt Cups

# January 2012

## B.K.W. Lunch Menu

Daily Milk Choices:  
 ☺ ½ % Chocolate  
 ☺ 1% White  
 ☺ Fat Free White

<b>Jan 2</b> No School	<b>Jan 3</b> ❖ Hearty Bowl of Homemade Turkey Noodle Soup w/ Oyster Crackers ❖ Taco Salad ♥♥♥ Sweet Kernel Corn Fruits Galore!	<b>Jan 4</b> ❖ Chicken Tenders Plain or Buffalo Style French Bread Stick & Sauce ♥♥♥ Green Beans Fruits Galore!	<b>Jan 5</b> Fresh Baked ❖ Cheese Pizza ❖ White Pizza w/ Broccoli & Garlic ♥♥♥ <b>Romaine Salad Shaker</b> Fruited Jell-O or Fruits Galore!	<b>Jan 6</b> ❖ Chicken Patty or ❖ Roasted Hotdog on a Whole Wheat Bun ♥♥♥ Boston Baked Beans Fruits Galore!
<b>Jan 9</b> ❖ Ham & Cheese Quiche w/ Whole Wheat Dinner Roll ❖ Whole Grain Stuffed Crust Pizza ♥♥♥ Sweet Kernel Corn Fruits Galore!	<b>Jan 10</b> ❖ Beef & Bean Burrito w/ Salsa & Sour cream ❖ Taco Salad ♥♥♥ Tender Green Peas Fruits Galore!	<b>Jan 11</b> ❖ Chicken Tenders Plain or Buffalo Style w/ Hot Soft Pretzel ♥♥♥ Green Beans Fruits Galore!	<b>Jan 12</b> Fresh Baked ❖ Cheese Pizza or ❖ Pepperoni Pizza ♥♥♥ <b>Romaine Salad Shaker</b> Blueberry Crisp or Fruits Galore!	<b>Jan 13</b> ❖ Mixed Italian Sub ❖ Whole Wheat Rotini & Meat Sauce w/ Garlic French Bread Stick ♥♥♥ Baked French Fries Fruits Galore!
<b>Jan 16</b> Martin Luther King Jr Day	<b>Jan 17</b> ❖ BBQ Chicken Sub ❖ Taco Salad ♥♥♥ Carrot Snackers Fruits Galore!	<b>Jan 18</b> ❖ Chicken Tenders Plain or Buffalo Style Brown Rice & Gravy ♥♥♥ Green Beans Fruits Galore!	<b>Jan 19</b> Fresh Baked ❖ Cheese Pizza ❖ Buffalo Chicken Pizza ♥♥♥ <b>Romaine Salad Shaker</b> Fruited Jell-O or Fruits Galore!	<b>Jan 20</b> ❖ Roasted Hotdog or ❖ Freaky Friday Fish Fry (baked) on a Whole Wheat Bun ♥♥♥ Potato Tots Fruits Galore!
<b>Jan 23</b> ❖ Chicken Quesadilla w/ Salsa & Sour Cream ❖ Whole Grain Stuffed Crust Pizza ♥♥♥ Dill & Honey Carrots Fruits Galore!	<b>Jan 24</b> <u>☐ Regents ☐</u> ❖ Bulldog Burger Casserole w/ Honey Cornbread ❖ Taco Salad ♥♥♥ Sweet Kernel Corn Fruits Galore!	<b>Jan 25</b> <u>☐ Regents ☐</u> ❖ Chicken Tenders Plain or Buffalo Style French Bread Stick & Sauce ♥♥♥ Green Beans Fruits Galore!	<b>Jan 26</b> <u>☐ Regents ☐</u> Fresh Baked ❖ Cheese Pizza ❖ Pepperoni Pizza ♥♥♥ <b>Romaine Salad Shaker</b> Fruit Harvest Cake or Fruits Galore!	<b>Jan 27</b> <u>☐ Regents ☐</u> ❖ Chicken Patty on a Whole Wheat bun or w/ Basil Garlic Pasta ❖ Golden Fish Square on a Whole Wheat Bun ♥♥♥ Fresh Mixed Veggies Fruits Galore!

# February 2012

<p><b>Jan 30</b></p> <ul style="list-style-type: none"> <li>❖ Brunch for Lunch Waffles &amp; Sausage w/ Syrup</li> <li>❖ Whole Grain Stuffed Crust Pizza</li> <li>♥♥♥</li> <li>Crispy Hash Brown Stick</li> <li>Fruits Galore!</li> </ul>	<p><b>Jan 31</b></p> <ul style="list-style-type: none"> <li>❖ Baked Cheese &amp; Bacon Flatbread Sandwich</li> <li>❖ Taco Salad</li> <li>♥♥♥</li> <li>Green Beans</li> <li>Fruits Galore!</li> </ul>	<p><b>Feb 1</b></p> <ul style="list-style-type: none"> <li>❖ Chicken Tenders Plain or Buffalo Style</li> <li>Warm Garlic Flat Bread and Sauce</li> <li>♥♥♥</li> <li>Sweet Kernel Corn</li> <li>Fruits Galore!</li> </ul>	<p><b>Feb 2</b></p> <ul style="list-style-type: none"> <li>Fresh Baked</li> <li>❖ Cheese Pizza</li> <li>❖ White Pizza w/ Broccoli &amp; Garlic</li> <li>♥♥♥</li> <li><b>Romaine Salad Shaker</b></li> <li>Fruited Jell-O or Fruits Galore!</li> </ul>	<p><b>Feb 3</b></p> <ul style="list-style-type: none"> <li>❖ Pulled BBQ Turkey Sandwich</li> <li>❖ Golden Fish Square on a Whole Wheat Bun</li> <li>♥♥♥</li> <li>Creamy Coleslaw</li> <li>Fruits Galore!</li> </ul>
<p><b>Feb 6</b></p> <ul style="list-style-type: none"> <li>❖ Oriental Sweet &amp; Sour Popcorn Chicken w/ Fried Brown Rice</li> <li>❖ Stuffed Crust Pizza</li> <li>♥♥♥</li> <li>Seasoned Broccoli</li> <li>Fruit Bar</li> </ul>	<p><b>Feb 7</b></p> <ul style="list-style-type: none"> <li>❖ Grilled WW Garlic Bread w/ Mozzarella Sandwich w/ Sauce</li> <li>*Taco Salad</li> <li>♥♥♥</li> <li>Sweet Kernel Corn</li> <li>Fruits Galore!</li> </ul>	<p><b>Feb 8</b></p> <ul style="list-style-type: none"> <li>❖ Chicken Tenders Plain or Buffalo Style</li> <li>Brown Rice &amp; Gravy</li> <li>♥♥♥</li> <li>Green Beans</li> <li>Fruits Galore!</li> </ul>	<p><b>Feb 9</b></p> <ul style="list-style-type: none"> <li>Fresh Baked</li> <li>❖ Cheese Pizza or</li> <li>❖ Pepperoni Pizza</li> <li>♥♥♥</li> <li><b>Romaine Salad Shaker</b></li> <li>Blueberry Crisp or Fruits Galore!</li> </ul>	<p><b>Feb 10</b></p> <ul style="list-style-type: none"> <li>❖ Deli Turkey Sub</li> <li>❖ Golden Fish Square on a Whole Wheat Bun</li> <li>♥♥♥</li> <li>Very Vegetable Soup</li> <li>Fruits Galore!</li> </ul>
<p><b>Feb 13</b></p> <ul style="list-style-type: none"> <li>❖ Warm Ham &amp; Cheese Bagel Sandwich</li> <li>❖ Whole Grain Stuffed Crust Pizza</li> <li>♥♥♥</li> <li>Sweet Kernel Corn</li> <li>Fruits Galore</li> </ul>	<p><b>Feb 14</b></p> <ul style="list-style-type: none"> <li>❖ BBQ Pork Rib Sandwich</li> <li>❖ Taco Salad</li> <li>♥♥♥</li> <li>Carrot Snackers</li> <li>Fruits Galore!</li> <li>Sweet Heart Cake</li> </ul>	<p><b>Feb 15</b></p> <ul style="list-style-type: none"> <li>❖ Chicken Tenders Plain or Buffalo Style</li> <li>Hot Soft Pretzel</li> <li>♥♥♥</li> <li>Green Beans</li> <li>Fruits Galore!</li> </ul>	<p><b>Feb 16</b></p> <ul style="list-style-type: none"> <li>Fresh Baked</li> <li>❖ Cheese Pizza</li> <li>❖ Buffalo Chicken Pizza</li> <li>♥♥♥</li> <li><b>Romaine Salad Shaker</b></li> <li>Fruited Jell-O or Fruits Galore!</li> </ul>	<p><b>Feb 17</b></p> <ul style="list-style-type: none"> <li>❖ Chicken Caesar Wrap</li> <li>❖ Roasted Hot Dog on a Whole Wheat Bun</li> <li>♥♥♥</li> <li>Baked French Fries</li> <li>Fruits Galore!</li> </ul>
<p><b>Get out and Play!</b></p>				
<p><b>Feb 27</b></p> <ul style="list-style-type: none"> <li>❖ Roast Turkey &amp; Gravy Over Mashed Potato</li> <li>w/ Cranberry scone</li> <li>❖ Whole Grain Stuffed Crust Pizza</li> <li>♥♥♥</li> <li>Fruits Galore!</li> </ul>	<p><b>Feb 28</b></p> <ul style="list-style-type: none"> <li>❖ Egg Salad Sandwich on Whole Wheat</li> <li>❖ Taco Salad</li> <li>♥♥♥</li> <li>Very Vegetable Soup</li> <li>Fruits Galore!</li> </ul>	<p><b>Feb 29</b></p> <ul style="list-style-type: none"> <li>❖ Chicken Tenders Plain or Buffalo Style</li> <li>Warm Garlic Flat Bread and Sauce</li> <li>♥♥♥</li> <li>Green Beans</li> <li>Fruits Galore!</li> </ul>		