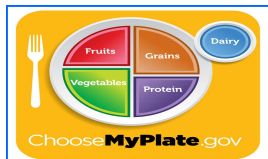


Covert Elementary Lunch Menu .. Winter 2011 / 2012

1% Fat-Free Milk Available

The **NUTRITION CONNECTION**



MENU 1

Week of Dec. 26
Week of Jan. 23
Week of -Feb. 20

Monday

Chicken Pattie on White Bun
Seasoned Corn
Fresh Fruit

Tuesday

Chicken Tenders
Red Beans & Rice
Tossed Salad
Fresh Fruit

Wednesday

Tacos
Refried Beans
Tossed Salad
Pineapple Tidbits

Thursday

Cheeseburger
Oven fries
Carrot Stix w/Dip
Sliced Peaches

Friday

Chicken Nuggets
Au Gratin Potatoes
Wheat Roll/ Tossed Salad
Cinnamon Applesauce

1% Fat-Free Milk Available

MENU 2

Week of Dec. 5
Week of Jan. 2
Week of Jan. 30
Week of Feb. 27

Monday

Corn Dog
Baked Chips
Macaroni Salad / Diced Pears

Tuesday

Grilled Ham & Cheese
Soup / Carrot Stix
Fresh Fruit

Wednesday

Chili
Oven Fries
Celery Stix w/PB
Fresh Fruit

Thursday

Chicken Tenders
Potato Salad
Corn on Cob
Wheat Bread / Fresh Fruit

Friday

Ravioli
Bread Stix
Tossed Salad
Fresh Fruit



1% Fat -Free Milk Available

MENU 3

Week of Dec. 12
Week of Jan. 9
Week of Feb. 6

Monday

Salisbury Steak
Mashed Potatoes
Green Beans/Roll
Sliced Peaches

Tuesday

Sub. Sandwich
Baked Chips
Celery Stix w /PB
Fresh Fruit

Wednesday

Spaghetti w/Meat Sauce
Bread Stix/ Tossed Salad
Fresh Fruit

Thursday

Chicken Nuggets
Seasoned Rice
Steamed Vegetables
Roll / Applesauce

Friday

Pepperoni Pizza
Seasoned Corn
Oatmeal Cookie
Mandarin Oranges

Now Serving: Protein,
Calcium and Fiber!

Flavored fat-free milk provides the same great calcium and protein of white milk- and flavored milk even contains fiber!



1% Fat -Free Milk Available

MENU 4

Week of Dec. 19
Week of Jan. 16
Week of Feb. 13

Monday

Turkey Hot Dog
Baked Beans
Carrot Stix w/Dip
Fruit Cocktail

Tuesday

Beef & Bean Burrito
Brown Rice
Steamed Vegetables
Pineapple Tidbits

Wednesday

Sloppy Joe on Wheat Bun
Baked Chips
Salad
Fresh Fruit

Thursday

Chicken Tenders
Oven Fries
Celery Stix w/PB Cup
Fresh Fruit

Friday

Fish
Mac & Cheese
Wheat Roll
Tossed Salad
Fresh Fruit



Eat the Rainbow

Fill your children's meals with healthful, high-quality food, and you'll eventually squeeze out the bad stuff. You can't go wrong with anything that has bright, vibrant colors-

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Menu subject to change without notice

Note: No Lunch will be served on Holidays or on non-student days.