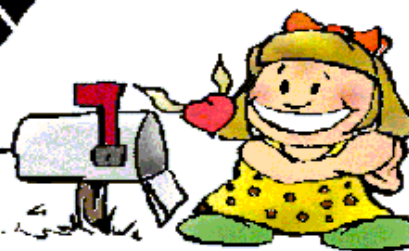
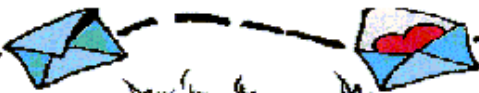
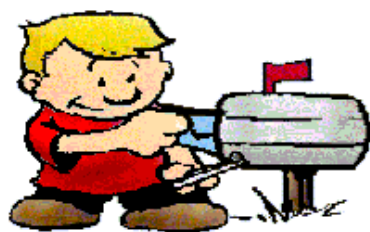










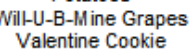







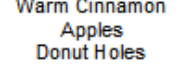

February

ELEMENTARY MENU 2010



Director, Food & Nutrition Dept:
Sue Uselding 262-253-3419

If school is closed because of weather, the menu for that day will be served the day school resumes.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1 Grilled Chicken Patty in a Bun Cheeseburger in a Bun Seasoned Green Beans Chilled Peaches Bag of Clothoppers* *May Contain Tree Nuts*</p> 	<p>2 Taco Nachos w/Meat & Cheese Sauce Cinnamon French Toast w/ Sausage Links Sweet Carrot Coins Chilled Pineapple Cinnamon Roll w/Cinnamon & Sugar</p>	<p>3 Round Cheese Pizza Chef Salad w/Assorted Dressing & French Bread Crispy Baked Tri Tater Apple & Cherry Juice Warm Cinnamon Apples</p> 	<p>4 Chicken Tenders Salisbury Steak Fluffy Rice w/Lite Gravy Crispy Garden Salad w/Assorted Dressings Whole Kernel Corn Chocolate Pudding</p> 	<p>5 Mini Corn Puppies Submarine Sandwich w/Shredded Lettuce Hash Brown Potatoes Raw Veggies w/Ranch Dip Chilled Applesauce</p> 	<p>Cal 732 T.Fat 25.97 G S.Fat 7.9 G Chol 54.2 Mg Sodm 1524.18 Mg Carb 101.42 G Fiber 5.9 G Prtn 28.44 G Iron 4.93 Mg Calc 455.00 Mg Vit A 628.24 RE Vit C 11.53 Mg</p> <p>AVG. WEEKLY NUTRIENTS</p>
<p>8 Popcom Chicken Creamy Macaroni & Cheese California Blend Vegetables Chilled Peaches</p> 	<p>9 Taco Nachos w/Meat & Cheese Sauce Bacon Cheeseburger in a Bun Baked Tater Tots Raw Veggies w/Ranch Dip Frozen Shape Up</p> 	<p>10 Cheesy Cheese Pizza BBQ Pork in Bun Crispy Baked Tri Tater Seasoned Green Beans Chilled Fruit Cocktail Fortune Cookie</p> 	<p>11 Italian Spaghetti w/Meat Sauce & French Bread Foot Long Hot Dog in Bun Crispy Garden Salad w/Assorted Dressings Peas & Carrots Seasonal Fresh Fruit</p> 	<p>12 Huggable Mozzarella Sticks w/Marinara Sauce Heartwarming Chicken & Cheese Enchilada w/Salsa Loveable Spudster Potatoes Wil-U-B-Mine Grapes Valentine Cookie</p> 	<p>Cal 710 T.Fat 26.83 G S.Fat 8.4 G Chol 42.0 Mg Sodm 1364.73 Mg Carb 90.43 G Fiber 5.3 G Prtn 29.18 G Iron 2.98 Mg Calc 511.53 Mg Vit A 533.63 RE Vit C 33.16 Mg</p> <p>AVG. WEEKLY NUTRIENTS</p>
<p>15 *Peanut Butter & Jelly Pocket *CONTAINS PEANUTS Salisbury Steak in Bun Baked French Fries Peas & Carrots Ice Cream Sandwich</p> 	<p>16 Soft Shell Taco Cheese Filled Breadstick w/Marinara Sauce Seasoned Green Beans Seasonal Fresh Fruit Yogurt Cup</p> 	<p>17 Round Cheese Pizza Fish Nuggets w/WG French Bread Creamy Macaroni & Cheese Whole Kernel Corn Chilled Pears</p> <p>ASH WEDNESDAY</p>	<p>18 Chicken Tenders Turkey & Gravy Whipped Potatoes w/Gravy Crispy Garden Salad w/Assorted Dressings Cinnamon Roll w/Cinnamon & Sugar</p> 	<p>19 Pizza Dippers w/Marinara Sauce Submarine Sandwich w/Shredded Lettuce Baked Tater Tots Chilled Peaches</p> 	<p>Cal 653 T.Fat 21.72 G S.Fat 6.3 G Chol 35.1 Mg Sodm 1431.14 Mg Carb 89.58 G Fiber 5.8 G Prtn 27.28 G Iron 4.19 Mg Calc 449.95 Mg Vit A 291.71 RE Vit C 14.10 Mg</p> <p>AVG. WEEKLY NUTRIENTS</p>
<p>22 Popcom Chicken w/Whole Grain French Bread Crispy Garden Salad w/Assorted Dressings Whole Kernel Corn Rice Krispie Treat</p> 	<p>23 Taco Nachos w/Meat & Cheese Sauce Chicken & Cheese Enchilada w/Salsa Baked Tater Tots Cheesy Refried Beans Seasonal Fresh Fruit</p> 	<p>24 Cheesy Cheese Pizza Crispy Fish Shapes w/WG French Bread Chicken Flavored Rice Seasoned Peas Chilled Pears Chocolate Sherbet</p> 	<p>25 Italian Spaghetti w/Meat Sauce & French Bread Large Corn Dog Crispy Garden Salad w/Assorted Dressings Seasoned Green Beans Fortune Cookie</p>	<p>26 Cinnamon French Toast w/Scrambled Eggs Egg, Ham & Cheese in Bun Hash Brown Potatoes Chilled Assorted Juice Warm Cinnamon Apples Donut Holes</p> 	<p>Cal 741 T.Fat 25.33 G S.Fat 6.9 G Chol 92.6 Mg Sodm 1466.56 Mg Carb 101.86 G Fiber 6.6 G Prtn 29.54 G Iron 4.14 Mg Calc 483.43 Mg Vit A 271.56 RE Vit C 30.90 Mg</p> <p>AVG. WEEKLY NUTRIENTS</p>
<p>MacArthur Breakfast Served 8:25 - 8:45 \$1.00 Student \$1.75 Adult Monday: Chocolate Chip Muffin & Cereal Tuesday: Yogurt & Cereal Wednesday: French Toast Sticks & Cereal Thursday: Bagel w/Peanut Butter & Cereal Friday: Blue berry Muffin & Cereal Breakfast includes Milk & 100% Juice Box</p>	<p>The Food and Nutrition Department is currently accepting applications for on-call substitutes and servers. If interested, please apply at the District Office.</p>		<p>ELEMENTARY LUNCH PRICES:</p> <p>\$2.00 Daily \$2.75 Adult Daily \$.25 Milk</p> <p>Milk is included with each student meal.</p>	<p>Account Balance: Please access your account on-line at www.Germantown.K12.wi.us. Make checks payable to: Germantown Food & Nutrition and include your family ID.</p>	