

ROBBINSDALE NUTRITION

IT'S TIME TO EAT RIGHT

ELEMENTARY SCHOOL LUNCH MENU

FEBRUARY 2010

Monday, February 1	Tuesday, February 2	Wednesday, February 3	Thursday, February 4	Friday, February 5
Rotini Pasta w/Meatsauce Garlic Toast Green Beans Fruit Choice Peanut Butter & Jelly Bundle	Chicken Fajita Assorted Taco Toppings Seasoned Rice Fruit Choice Chef Salad	Roast Turkey Gravy Mashed Potatoes Peas and Carrots Fruit Choice Buttermilk Biscuit Mini Bagel Bundle	Mini Corn Dogs Oven Potatoes Tossed Salad w/Dressing Fruit Choice Yogurt w/cheese Bundle	Grilled Cheese Sandwich Cup of Soup Goldfish Crackers Fresh Vegetable w/Dip Fruit Choice Deli Sandwich
Monday, February 8	Tuesday, February 9	Wednesday, February 10	Thursday, February 11	Friday, February 12
Quesadilla/Cheese or Chicken Chips and Salsa Vegetable choice Fruit Choice Peanut Butter & Jelly Bundle	BBQ Chicken Nuggets Macaroni and Cheese Fresh Vegetable w/Dip Fruit Choice Entrée Salad	Tater Tot Hotdish Green Beans Dinner Roll Pudding Cup Mini Bagel Bundle	Sweet n' Sour Chicken Fluffy Rice Fresh Stir Fry Vegetables Fruit Choice Fruit Snacks Fruit & Yogurt Parfait	Cheese Bread w/Marinara Mixed Greens w/ Dressing Fruit Choice Heart Sugar Cookie Deli Sandwich
Monday, February 15	Tuesday, February 16	Wednesday, February 17	Thursday, February 18	Friday, February 19
No School	Nachos Grande Assorted Fixings Red beans and rice Mixed Vegetables Fruit Choice Chicken Caesar Salad	Cheese Tortellini w/ sauce Tossed salad w/dressing Fruit choice Garlic Breadstick Mini Bagel Bundle	<i>Breakfast for Lunch</i> French Toast Sticks Sausage Links Potato Wedge Fruit Choice Turkey & Ranch Wrap	Slice of Cheese Pizza Fresh Vegetable w/Dip Fruit Choice Cookie Deli Sandwich
Monday, February 22	Tuesday, February 23	Wednesday, February 24	Thursday, February 25	Friday, February 26
Beef Hot Dog on Bun Tater tots Baked Beans Fresh vegetable w/dip Fruit choice Peanut Butter & Jelly Bundle	Teriyaki Chicken Dippers Fluffy Rice Broccoli Fruit Choice Chef Salad	BBQ Rib Sandwich* or Sloppy Joe on Bun Sweet Potato Fries Mixed Greens w/Dressing Fruit Choice Mini Bagel Bundle	Beef Taco - Hard/Soft Shell Assorted Fixings Corn Fruit Choice Yogurt cup w/cheese Bundle	Chicken Patty on Bun or Hot Egg & Cheese Sandwich Sun Chips Fresh Vegetable w/dip Fruit Choice Deli Sandwich

* Indicates item may contain pork

Menu is subject to change without notice

Additional choices included with lunch are:

-Nonfat, low fat and flavored milk

Variety of fresh fruit (2 or more) -Whole grain breads

Top 10 Fruit Snacks For Kids



10 [100% juice](#) popsicles.

9 Fruit sandwiches- slices of [apples](#) or [pears](#) with a filling of low fat cheese.

8 Fresh fruit with a dab of peanut butter.

7 Fresh fruit dipped in low fat yogurt.

6 Smoothies made with fruit.

5 Canned fruit or single serve fruit cups.

4 Fresh fruit dipped in applesauce.

3 Dried fruits such as [raisins](#), [blueberries](#), apricots, apple slices.

2 Fresh fruit dipped in salad dressings such as poppy seed or balsamic vinegar.

1 Frozen fruit chunks- such as [grapes](#), [banana](#) slices, blueberries or [watermelon](#).