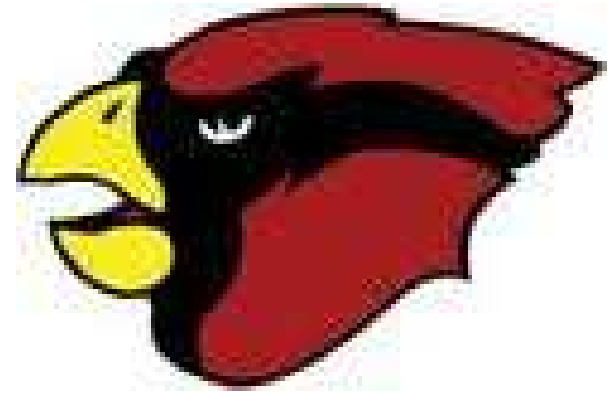




# February 2012


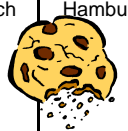


## Important Dates:

- Feb. 8, Early Dismissal
- Feb. 17, No School- Inservice
- Feb. 20, No School

## Eudora Middle School Lunch

Menus are subject to change.

Monday 30-Jan	Tuesday 31-Jan	Wednesday 1-Feb	Thursday 2-Feb	Friday 3-Feb
 Cheeseburger Salad Bar w/ the Works Pizza / Sub Sandwich  Rice Crispy Bar Tossed Salad Sweet Potato Puffs Mandarin Oranges Milk Choices	Chicken Nuggets Salad Bar w/ the Works Hamburger / Pizza / Sub Sandwich Wheat Roll Mashed Potato w/ Gravy Tossed Salad Broccoli w/ Cheese Pineapple Tidbits or Banana Milk Choices	Crisпитos Salad Bar w/ the Works Hamburger / Pizza / Sub Sandwich  Red Beans & Rice Tossed Salad Seasoned Green Beans Pears Milk Choices	Chili Cheese Fries Salad Bar w/ the Works Hamburger / Pizza / Sub Sandwich  Cinnamon Roll Tossed Salad Carrots / Cucumbers Grapes Milk Choices	Macaroni & Cheese Salad Bar w/ the Works Chicken Sandwich / Pizza / Sub  Wheat Roll Garden Salad w/ Romaine Seasoned Peas Rosy Applesauce Milk Choices
Monday 6-Feb	Tuesday 7-Feb	Wednesday 8-Feb	Thursday 9-Feb	Friday 10-Feb
Chicken Patty Sandwich Salad Bar w/ the Works Pizza / Sub Sandwich  Baked Chips Tossed Salad Seasoned Green Beans Mandarin Oranges Milk Choices	Butcher Boy Burrito w/ cheese sauce Salad Bar w/ the Works Hamburger / Pizza / Sub Sandwich  Sherbet Cup Tossed Salad Seasoned Corn Pineapple Tidbits or Banana Milk Choices	 Homemade Sausage Pizza Salad Bar w/ the Works Hamburger / Pizza / Sub Sandwich  Homemade Cookie Tossed Salad Breadstick w/ Marinara Sauce Pears Milk Choices	Turkey & Cheese Wraps Salad Bar w/ the Works Hamburger / Pizza / Sub Sandwich  Baked Potato Tossed Salad Broccoli w/ Cheese Grapes Milk Choices	Country Fried Steak Salad Bar w/ the Works Chicken Sandwich / Pizza / Sub Wheat Roll Baked Sweet Potatoes & Apples Tossed Salad California Blend Veggies Rosy Applesauce Milk Choices

**Lunch Prices:**

Full Price: \$2.15  
 Reduced Price: \$.40  
 Adult or Visitor Price: \$3.30  
 Milk or Extra Milk: \$.50



**ACTIVITY CORNER**

**Chose MyPlate:**

10 tips to a great plate:

1. Balance calories
2. Enjoy your food, but eat less
3. Avoid oversized portions
4. Switch to fat-free or 1% milk,
5. Cut back on high sodium food:
6. Make half your plate fruits and veggies.
7. Eat more veggies, fruits, whole grains, fat-free or 1% milk.
8. Make half your grains whole grains
9. Cut back on high sugar foods,
10. Drink water instead of sugary drinks.

**Eudora Middle School**

Monday	Tuesday	Wednesday	Thursday	Friday
13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
Cheeseburger Salad Bar w/ the Works Pizza / Sub Sandwich	Max Cheese Sticks Salad Bar w/ the Works Hamburger / Pizza / Sub Sandwich Pizza Dipping Sauce Valentine Cookie Tossed Salad Seasoned Green Beans Pineapple Tidbits Milk Choices	Chicken Nuggets Salad Bar w/ the Works Hamburger / Pizza / Sub Sandwich Wheat Roll Mashed Potato w/ Gravy Tossed Salad Seasoned Peas Apple Wedge Milk Choices	Pepperoni Pizza Pocket Salad Bar w/ the Works Hamburger / Pizza / Sub Sandwich  Cottage Cheese Tossed Salad Italian Veggie Blend Peaches Milk Choices	No   School!
Monday	Tuesday	Wednesday	Thursday	Friday
20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
No  School!	Chicken & Noodles Salad Bar w/ the Works Hamburger / Pizza / Sub Sandwich Wheat Roll Mashed Potato Tossed Salad Seasoned Green Beans Pineapple Tidbits Milk Choices	Shrimp Poppers Salad Bar w/ the Works Hamburger / Pizza / Sub Sandwich Apple Crisp Fries Tossed Salad Veggie Choice Rosy Applesauce Milk Choices	Chicken Tenders Salad Bar w/ the Works Hamburger / Pizza / Sub Sandwich Wheat Roll Ranch Mashed Potatoes Tossed Salad Seasoned Corn Bananas or Pears Milk Choices	French Toast w/ Yogurt Salad Bar w/ the Works Chicken Sandwich / Pizza / Sub  Tri Tator Tossed Salad Juice Cups Orange Smiles or Mandarin Oranges Milk Choices

