February 2012 Calendar. PALOUSE PRAIRIE SCHOOL LUNCH BY GLADISH COMMERCIAL KITCHEN
CHILD NAME:

◄ January ~ February 2012 ~ March ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Breakfast for lunch: Egg/ham muffin Fruit Veggies Choc chip cookie	Meat loaf Mashed potatoes Green beans Roll Fruit **GF option**: rice crackers for roll	**1** Bean burritos/cheese Veggie salsa Rice Fruit V	**2** Spaghetti/meat sauce Shredded cheese Tossed green salad French bread fruit	**3** Tuna fish sandwich Fresh veggies Muffin square fruit	**4**
5	**6** Hamburger/bun Roasted potatoes Fresh fruit Choc chip cookie	**7** Bowtie pasta/chicken Veggies Roll Fruit	**8** Beef chili/beans Shredded cheese Baked potato Buckwheat corn bread GF	**9** Grilled cheese Vegetarian soup Fruit Roll Sugar cookie	**10** Yakisoba noodles/beef w/ veggies fruit roll	**11**
12	**13** Breakfast for lunch: Breakfast sausage Scrambled eggs Cinnamon bread Fruit Veggie sticks	**14** Mac/cheese Green beans Roll Fruit V	**15** Deli meat/cheese sandwich Fresh veggies Fruit Choc chip cookie **GF option (rice krispy and rice crackers)**	**16** Red beans/rice Ham Corn bread Fruit **GF option: rice crackers for corn bread**	**17** NO SCHOOL TEACHER WORK DAY	**18**
19	**20** NO SCHOOL PRESIDENT'S DAY	**21** cheese/ref bean tortillas Veggie shreds/salsa rice Corn chips/ fruit GF V	**22** Beef rice/veggie stew cornbread Fruit Choc chip cookie	**23** Hot dogs in blanket Corn Fruit Oatmeal cookie	**24** Egg salad sandwich Lentil stew Fruit Rice krispy treat V	**25**
26	**27** Breakfast for lunch: Egg/ham/cheese muffin Fruit Veggies Choc chip cookie	**28** Hummus/crackers Pita w/beef Veggie slaw fruit	**29** Chicken drumsticks Cheesy orzo Veggies Fruit roll	**Notes:**		

Notes: *** GF = gluten free * V = vegetarian * "w/w" = whole wheat.**

CHOICE DELI BOARD – gluten free sliced deli meat (low-fat ham or turkey or chicken); cheese; yogurt-fruit smoothie; vegetables; rice crackers. rice krispy treat. Other items may rotate into the Deli Board ..

CHOICE SANDWICH PACK – Vegetarian. Almond butter OR sunflower seed butter and jam sandwich on whole wheat white bread; yogurt-fruit smoothie; vegetables, cheese and whole wheat crackers. rice krispy treat or cookie or muffin. Other items may rotate into the Sandwich Pack.