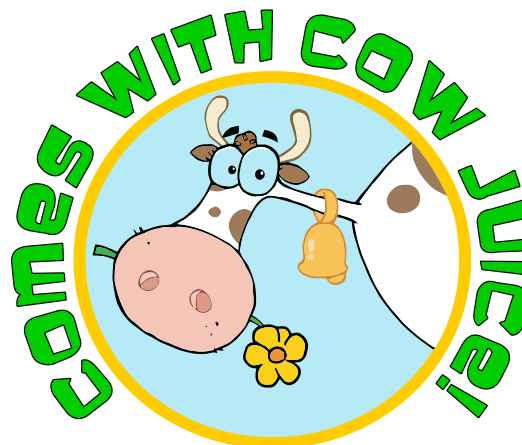


Menus for February 2012



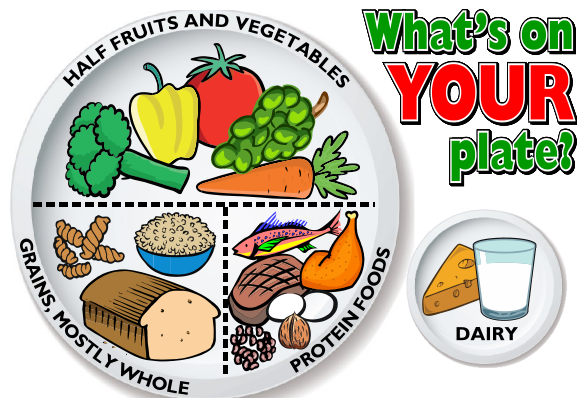
Pitt County Schools
This institution is an equal opportunity provider.



Every complete meal we serve includes your choice of milk.

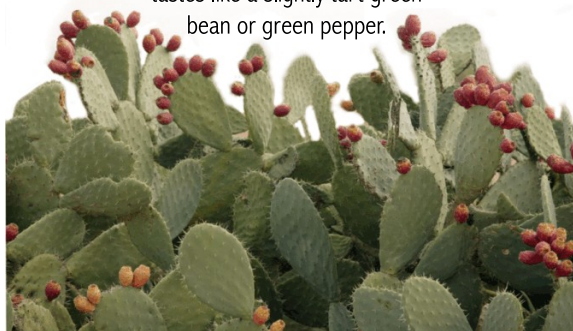


*Menu is subject to change due to availability of foods.



Cactus you can eat!

The pads of the prickly pear cactus, or "nopales" (pronounced no-PAH-lace) are a popular food in Mexico and many Central American countries, as well as parts of Southern Europe, the Middle East, India, North Africa, and the Southwest U.S. It tastes like a slightly tart green bean or green pepper.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Other Healthy Breakfast Options:

Assorted Cereals
Cinnamon Bug Bites
Sport Bites
Scooby-Doo Snacks
Giant Goldfish Grahams

Monday, February 6

Breakfast
Fresh Orange Wedges
Breakfast Bagel

Lunch
Oven Roasted Chicken w/ Wheat Roll
Barbecue on Bun w/ Slaw
Garden Peas
Sweet Potato Soufflé
Fresh Apple Slices
Chilled Peaches

Tuesday, February 7

Breakfast
Chilled Fruit Mix
Cheese Omelet
Biscuit w/ Jelly

Lunch
Pepperoni Pizza
Fish Nuggets w/ Corn Muffin
Baked French Fries
Broccoli Salad
Corn
Banana

Wednesday, February 8

Breakfast
Orange Juice
Cinnamon Roll
Sausage Patty

Lunch
GRAB & GO
Turkey & Cheese on Bun
Fresh Baby Carrots w/ Dip
Fresh Apple Slices
Reduced Fat Cookie

EARLY RELEASE DAY

Thursday, February 9

Breakfast
Fruit Juice Blend
Cereal
Toaster Pastry

Lunch
Ham & Cheese Wrap
Scoopin' Tacos
Pinto Beans
Sweet Potato Wedges
Chilled Fruit Mix
Peach Cup

Thursday, February 9

Breakfast
Apple Juice
Cereal
Toaster Pastry

Lunch
Spanish Beef and Rice
Chicken Quesadilla w/ Salsa
Steamed Broccoli Florets w/ Cheese Sauce
Lima Beans
Chilled Peaches
Cherry Crisp

Friday, February 10

Breakfast
Applesauce
French Toast w/ Syrup
Sausage Patty

Lunch
Roast Turkey in Gravy w/ Brown Rice
Cheeseburger on Bun
Garden Peas
California Blend Vegetables w/ Cheese Sauce
Jiggly Fruit
Chilled Peaches

Friday, February 10

Breakfast
Chilled Peaches
Chicken Biscuit

Lunch
Hot Dog on Bun w/ Chili
Chicken Tenders w/ Wheat Roll
Baked French Fries
Coleslaw
Baked Beans
Chilled Pineapple

Monday, February 13

Breakfast

Apple Juice
Pancakes w/ Syrup
Sausage Patty

Lunch

Chicken Fajita Strips
w/ Gravy
Teriyaki Beef Dippers
Lima Beans
Fresh Baby Carrots w/ Dip
Chilled Pineapple
Spiced Apples
Rice

Tuesday, February 14

Breakfast

Chilled Peaches
Chicken Biscuit

Lunch

Asian Popcorn Chicken
w/ Wheat Roll
Cheese Sticks
w/ Marinara Sauce
Steamed Broccoli Florets
Sweet Potato Wedges
Chilled Pears
Chilled Apricots

Wed., February 15

Breakfast

Applesauce
Cheese Omelet
Biscuit w/ Jelly

Lunch

Baked Corn Dog
Baked Spaghetti
w/ Wheat Breadstick
Green Beans
California Blend
Vegetables
w/ Cheese Sauce
Chilled Fruit Mix
Granny Smith Apple Slices



Thursday, February 16

Breakfast

Orange Juice
Cereal
Toaster Pastry

Lunch

Mac and Cheese
Chicken Filet Sandwich
Garden Peas
Sweet Potato Soufflé
Chilled Peaches
Jiggly Fruit

Friday, February 17

Breakfast

Chilled Pineapple
Breakfast Sausage Pizza

Lunch

Roast Turkey in Gravy
w/ Dressing
Cheeseburger on Bun
Mashed Potatoes
Collard Greens
Chilled Applesauce
Pear Crisp
Wheat Roll

TASTE EXPLORERS CLUB!

EAT BETTERLIVE HEALTHIER

Cauliflower



- Belongs to the vegetable group
- High in Vitamin C
- Member of the cabbage family
- Not all cauliflower is white! Try purple and orange cauliflower too.

TICKLE YOUR TASTEBUDS!

Monday, February 20

Breakfast

Banana
Pancakes & Sausage
on a Stick

Lunch

Pepperoni Pizza
Chicken Filet Sandwich
Baked French Fries
Garden Peas
Chilled Peaches
Fresh Apple Slices

Tuesday, February 21

Breakfast

Grape Juice
Cheese Toast

Lunch

Pork Tips in Gravy
w/ Brown Rice
Manager's Selection
Lima Beans
Black-eyed Peas
Chilled Pears
Fresh Tangerine Wedges

Wed., February 22

Breakfast

Fruit Juice Blend
Breakfast Bagel

Lunch

Baked Mini Corn Dogs
Grilled Cheese Sandwich
Green Beans
Beef Vegetable Soup
Chilled Applesauce
Cherry Crisp

Thursday, February 23

Breakfast

Apple Juice
Cereal
Toaster Pastry

Lunch

Baked Chicken Nuggets
Beefaroni
Garden Salad
Collard Greens
Chilled Fruit Mix
Spiced Apples
Wheat Breadstick

Friday, February 24

Breakfast

Fresh Tangerine Wedges
Breakfast Sausage Pizza

Lunch

BBQ Chicken
w/ Wheat Roll
Cheese Sticks
w/ Marinara Sauce
Mashed Potatoes
Steamed Cabbage
Chilled Apricots
Jiggly Fruit

Monday, February 27

Breakfast

Chilled Pears
Sausage Biscuit

Lunch

Chicken Tenders
w/ Wheat Breadstick
Quesadilla Cheese Con
Queso w/ Salsa
Sweet Potato Wedges
Pinto Beans
Cherry Crisp
Frozen Juice Bar

Tuesday, February 28

Breakfast

Grape Juice
Blueberry Snack 'n
Waffle w/ Syrup

Lunch

Pepperoni Pizza
Chili w/ Goldfish
Crackers
Broccoli w/ Cheese Sauce
Corn
Chilled Applesauce
Peach Cup

Wed., February 29

Breakfast

Applesauce
Breakfast Sausage Pizza

Lunch

Oven Roasted Chicken
w/ Wheat Roll
Barbecue on Bun w/ Slaw
Garden Peas
Sweet Potato Soufflé
Fresh Apple Slices
Chilled Apricots



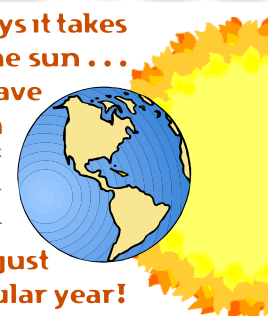
FEBRUARY BIRTHDAYS

Langston Hughes -- Feb. 1
Rosa Parks -- Feb. 4
Alice Walker (68) -- Feb. 9
Abraham Lincoln -- Feb. 12
Frederick Douglass -- Feb. 14
George Washington -- Feb. 22

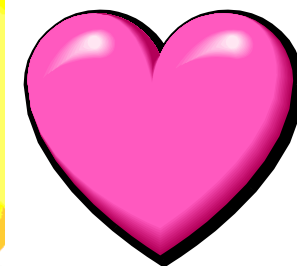


365.2422

That's how many days it takes
the earth to orbit the sun ...
and that's why we have
leap year. We add a
day to the month of
February every four
years to make up for
the .2422 days that just
won't fit in our regular year!



HAPPY VALENTINE'S DAY!



LEAP YEAR 2012

FEBRUARY 14