

LUNCH

FEBRUARY 2012

CALAVERAS USD FOOD ELEMENTARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> School Information: Full Price Meal: \$ 2.25 Reduced Meal: \$.40 Individual Milk: \$.35 </div>		Nachos 1 Chef Salad Grilled Cheese Sandwich	Spaghetti w/ Meat Sauce 2 Meatball Sub Oriental Chicken Rice Bowl	Cheese Pizza 3 Bean & Beef Combo Burrito
Chicken Nuggets 6 PB & Jelly Sandwich Cheeseburger W/ Potato Wedges	Ham & Cheese 7 Sandwich Bean & Cheese Burrito Cheese Enchiladas	Pepperoni Pizza 8 Rib-B-Que Sandwich Breaded Chicken Burger	Mexican Pizza 9 Taco Salad Corn Dog	Cheese Pizza 10 Chili Boat w/ Fritos
No School 13	Pepperoni Pizza 14 Hot Dog Meatball Sub	Nachos 15 Chef Salad Grilled Cheese Sandwich	Mac & Cheese 16 w/ Ham Chicken Quesadilla Sweet N' Sour Chicken Rice Bowl	Cheese Pizza 17 Bean & Cheese Burrito
No School 20	Rib-B-Que 21 Sandwich Breaded Chicken Burger Macho Chili Burrito	Pepperoni Pizza 22 Taco salad Hot Dog	Mexican Pizza 23 Chicken Garden Salad Corn Dog	Cheese Pizza 24 Chili Boat w/ Potato Wedges
Chicken Strips 27 Sloppy Joe w/ Potato Wedges Hamburger	Pepperoni Pizza 28 Corn Dog Meatball Sub	Nachos 29 Chef Salad Grilled Cheese Sandwich		

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.²
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

School Information:

LUNCH MEAL INCLUDES:

**Choice of Milk (1% White or Non Fat Chocolate)
and Trip to Salad Bar**

Menu does not provide specific planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions