

FEBRUARY ~ 2012

BRANSON JUNIOR HIGH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>**=Whole Grain</p>	<p>Breakfast Portions: Fruit = 1/4 c</p> <p>Lunch Portions: Fruit & Vegetables = 3oz Rice, Pasta = 1/2 c Potatoes = 3oz</p> <p><i>unless noted otherwise</i></p>	<p>Colby Omelet 1g Mixed Fruit 9g Juice</p> <p>2.8oz Chicken Teriyaki 17g w/**Steamed Rice 22g Egg Roll 12g Oriental Vegetables 12g Pineapple 11g</p>	<p>**Cereal (14-23g) **Fruit Turnover 30g Juice</p> <p>Enchiladas 33g **Mexican Rice 22g Mixed Vegetables 12g Apple Wedges 19g</p>	<p>1sl Canadian Bacon & Cheese **Biscuit 23g 3pcs Orange Wedges 15g Juice</p> <p>4pcs**Mini Pizza Bagels 21g 1/2c Salad w/dressing 8g Apricots 22.5g **Banana Chip Cake</p>
<p>3/4c Scrambled Eggs 4.5g **English Muffin 27g Juice</p> <p>**Chicken Fried Steak 18g **w/Biscuit 22g Mashed Potatoes 11g Green Beans 6g Applesauce 16g</p>	<p>**Sausage Breakfast Pizza 27g 3pcs Orange Wedges 15g Juice</p> <p>1c White Chicken Chili 10pcs**Tortilla Chips 18g Corn 19g Fruit Shape Up 15g</p>	<p>**French Toast Sticks 28g Pears 10g Juice</p> <p>8oz **Chicken & Noodles 33g Wheat Roll 18g Carrots 8g Peaches 13g</p>	<p>Egg & Cheese Hot Pocket 17g Banana 15g Juice</p> <p>4pcs Pizza Crunchers 41g 1/2c Salad w/dressing 8g Pears 15g 1/2c Cherry Cobbler 51g</p>	<p>2.1oz**Biscuit & 3oz Gravy 34g Sausage Patty 2g Juice</p> <p>3.2oz **BBQ Beef 37g **Sunchips 19g Greek Bean Salad 20g Apple Wedges 19g</p>
<p>**Bacon Scramble Pizza 23g Peaches 9g Juice</p> <p>3.08oz Popcorn Chicken 13g **Garlic Pasta 19g Peas 12g Mixed Fruit 14g</p>	<p>**Cinnamon French Toast 32g Applesauce 11g Juice</p> <p>3.58oz**Pork Tacos 20g **Mexican Rice 22g Mixed Vegetable 12g Orange Wedges 15g</p>	<p>**Cherry Frudel 36g Banana 15g Juice</p> <p>3ea Meatballs 5g **Pasta Marinara 19g Corn 19g Peaches 13g</p>	<p>**Cereal (14-23g) **Oatmeal Bar 23g Juice</p> <p>**Grilled Cheese 19g 1c Chicken NoodleSoup 14g Celery Sticks 8g 2 tbsp w/Sunbutter 7g Tropical Fruit 9g</p>	<p>**Sausage Biscuit 24g 3pcs Orange Wedges 15g Juice</p> <p>**Stuffed Crust Pizza 44g 1/2c Salad w/dressing 8g Grapes 11g Dessert</p>
<p>NO SCHOOL!!</p> <p>President's Day <i>possible snow make-up day</i></p>	<p>3 **Pancakes 38g Cinnamon Apples 6g Juice</p> <p>5pcs Cashew Chicken 15g **Steamed Rice 22g Oriental Vegetables 12g Peaches 13g</p>	<p>**Sausage Breakfast Bagel 19g Pineapple 8g Juice</p> <p>**Hot Ham & Cheese 29.5g **Simply Chex 27g Green Peppers w/dip 13g Apple Wedges 19g</p>	<p>**Mini Cinnis 40g Banana 15g Juice</p> <p>5pcs**Chicken Nuggets 13g Mashed Potatoes 11g 3oz Chicken Gravy 8g, Green Beans 4g Pineapple 11g</p>	<p>**Blueberry Pancake Wrap 24g 3pcs Apple Wedges 19g Juice</p> <p>**Spicy Chicken Sandwich 36g 3oz Calico Tots 21g Corn on the Cob 9g Pears 15g</p>
<p>4oz Yogurt Parfait 20g **Apple Delight 27g Juice</p> <p>Bosco Pepperoni Stick 35g 1/2c Salad w/dressing 8g Orange Wedges 15g 1/2c Pudding 23g</p>	<p>2 Sausage Roll 30g Mandarin Oranges 29g Juice</p> <p>Salisbury Steak 4g w/Wheat Roll 18g Mashed Potatoes 11g Winter Blend Vegetables 4g 3oz Brown Gravy 5g, Applesauce 16g</p>	<p>**Bagel-ful (28-32g) Grapes 15g Juice</p> <p>20pcs *Shrimp Poppers 22g 3oz Baked Fries 19g Cole Slaw 11g Mixed Fruit 14g</p>	<p>Entrees Hamburger 23g Cheeseburger 25g Chef Salad 10g Deli Sand 23g</p> <p>**Carb counts are estimates based on minimum required serving**</p>	<p>Milk ~ 8 oz White Skim - 11g Chocolate Skim - 24g Strawberry Skim - 23g</p> <p>Juice ~ 6 oz Apple - 22g Grape - 32g Orange - 20g</p>