






February 2012

Litchfield High School Lunch Menu

Mon	Tue	Wed	Thu	Fri
<p><u>Prepaid Meal Prices</u> 20 days Full Price \$55.00 Reduced 8.00 Daily Prices \$2.75 Reduced .40</p> <p>Menu subject to change</p>	<p><i>The brighter the color of a fruit or vegetable, the higher the nutrient content of that food.</i></p>	<p><u>1 Soup 'n Sandwich Day</u> Farmer's Vegetable Soup Sliced Turkey on Whole Grain Roll Fresh Veggie Cup Chilled Peaches Milk Choice</p>	<p><u>2</u> Crunchy Pollack Fish on Whole Grain Roll Golden Corn on the Cob Seedless Grapes Milk Choice</p>	<p><u>3 Pizza, Pizza, Pizza</u> Cheese, Veggie or Meat Pizza Raw Baby Carrots Pineapple Chunks Milk Choice</p>
<p><u>6</u> Diced Chicken Alfredo over Rotini Pasta Steamed Green Beans Chilled Pears Milk Choice</p>	<p><u>7 Build Your Own Burger</u> Beef OR Veggie Burger on Whole Grain Roll Roasted Potato Wedges Mixed Fruit Cup Milk Choice</p>	<p><u>8 Soup 'n Sandwich Day</u> Butternut Bisque Sliced Turkey and Cheese on Whole Grain Roll Lettuce and Tomato Fresh Apple Milk Choice</p>	<p><u>9</u> Montreal Style Baked Chicken Steamed Leaf Spinach Warm Dinner Roll Ripe Banana Milk Choice</p>	<p><u>10</u> Creamy Baked Macaroni and Cheese Broccoli Cuts Whole Grain Breadstick Chilled Applesauce Milk Choice</p>
<p><u>13</u> Sloppy Joe on Whole Grain Roll Sweet Potato Oven Fries Pineapple Chunks Milk Choice</p>	<p><u>14 Valentine's Day</u>  Chicken Nuggets Super Sweet Corn Seasoned Brown Rice Seedless Grapes Milk Choice</p>	<p><u>15 Soup 'n Sandwich Day</u> Corn Chowder Sliced Turkey Sandwich Cucumber Slices with Dip Peach Cup Milk Choice</p>	<p><u>16</u> Soft or Hard Shell Tacos with Lettuce, Tomato, Cheese Black Bean and Corn Salad Fresh Orange Wedges Milk Choice</p>	<p><u>17</u> Buffalo Wing OR Cheese Pizza Celery with Blue Cheese Dressing Mixed Fruit Cup President's Day Special Treat Milk Choice</p>
<p><u>20</u> President's Day No School</p>	<p><u>21 Back-To-School-Brunch</u> French Toast Sticks Cheddar Omelet Hash Brown Potato Stewed Cinnamon Apples Milk Choice</p>	<p><u>22 Soup 'n Sandwich Day</u> Homestyle Chicken Noodle Soup Assorted Sandwiches and Wraps Fresh Veggie Cup Chilled Pears Milk Choice</p>	<p><u>23</u> White Chicken Chili Cornbread Square Raw Broccoli Bites Pineapple Chunks Milk Choice</p> 	<p><u>24</u> Roasted Pulled Pork on Whole Grain Roll Sweet Potato Fries Ripe Banana Milk Choice</p> 
<p><u>27 Soup 'n Sandwich Day</u> Tomato Soup Toasted Cheese Sandwich Chick Pea Salad Vinaigrette Fresh Apple Milk Choice</p>	<p><u>28</u> Corn Tortilla Chips with Taco Meat and Cheese Lettuce and Tomato Steamed Green Beans Sliced Peaches Milk Choice</p>	<p><u>29</u> Chicken Patty on Whole Grain Roll Golden Corn Mixed Fruit Cup Milk</p>	<p><u>Daily Alternate Choices:</u> Chef Salads, Assorted Sandwiches and Wraps, Bagel with Protein Choice and Pasta Bar Fridays-Pizza</p>	<p>Fun Food Fact—There are always an even number of rows on an ear of corn!</p>