

# Sunburst School Lunch Menu-February 2012

Mon	Tue	Wed	Thu	Fri
		1 Beef Stew, biscuits, salad bar & milk	2 Sloppy Joe's on a Bun, shredded cheese, potato chips, pickles, pears & milk	3 Chicken Fried Steak, mashed potatoes & gravy, mixed veggies, applesauce & milk
6 Pizza, salad bar, fruit & milk	7 Fish & Chips, lemon wedges, tartar sauce, pears & milk	8 Spaghetti w/Meat Sauce, bread sticks, salad bar & milk	9 Ham, mashed potatoes & gravy, corn, apple- sauce & milk	10 Soft Shell Tacos, as- sorted toppings, salad bar & milk
13 Corn Dogs, crisscross fries, salad bar & milk	14 Hamburgers on a Bun, potato salad, baked beans, relish tray, fruit & milk	15 Polish Sausage, sauer- kraut, mashed potatoes, applesauce & milk	16 Chicken Fajitas, green peppers & onions, as- sorted toppings, fresh fruit & milk	17 NO SCHOOL District Basketball
20 NO SCHOOL – President's Holiday	21 Chalupas, Spanish rice, lettuce, tomato, peaches & milk	22 Hamburger Goulash, homemade rolls, green beans, fruit & milk	23 Chicken Noodle Soup, assorted meat sand- wiches, relish tray, pears & milk	24 Hot Dogs on a Bun, French Fries, relish tray & milk
27 Chicken Nuggets, potato smiles, sweet & sour sauce, pineap- ple & milk	28 Macaroni & Cheese, sausage links, green beans, fruit & milk	29 Leap Year! Turkey, mashed potatoes & gravy, sweet potatoes, stuffing, fruit & milk		



Try some new whole grain foods with your family such as:

Brown rice

Wild rice

Whole grain pasta

Whole grain tortillas

Whole grain barley and

Whole grain cornmeal