



## Algonac Elementary Lunch Menu February 2018

**Lunch Price: \$2.50 Reduced Price: \$.40 Adult Lunch: \$3.75**  
**Breakfast Price: \$1.50 Reduced Price: \$.30 Ala Carte Milk: \$.60**

A full student lunch includes a choice of entrée supplying protein, milk, grain, and vegetable and fruit side dishes. Milk Choices include: 1% White and Chocolate Skim Milk. A cold vegetable and fruit bar is available daily on which we feature the vegetables and fruit listed below, additional fruit and vegetable choices may be available in the bar.

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| 5<br>Chicken Rings<br>Mashed Potatoes<br>w/gravy, Dinner Roll<br>Tossed Salad<br>Fresh Celery Sticks<br>Chilled Peaches<br>Chilled Pears   | 6<br>Warm Pretzel Sticks<br>W/ Cheddar Cheese Dip<br>Tossed Salad<br>Fresh Broccoli<br>Cranberry Pear Salad<br>Apple Wedges  | 7<br>French Toast Sticks<br>Turkey Sausage<br>Tater Tots, Syrup<br>Tossed Salad<br>Sliced Cucumbers<br>Warm Apple Slices<br>Fresh Banana   | 8<br>Grilled Cheese<br>Creamy Tomato Soup<br>Crackers<br>Tossed Salad<br><b>Food Focus - Cherry Tomatoes</b><br>Pineapple Tidbits<br>Fresh Apple     | 9<br>Cheesy French Bread<br>w/ Dipping Sauce<br>Tossed Salad<br>Cauliflower Bites<br>Cinnamon Peaches<br>Mixed Fruit  |
| 12<br>Crispy Chicken Sandwich<br>Oven Baked Tots<br>Tossed Salad<br><b>Food Focus - Baby Carrots</b><br>Red Delicious Apple<br>Diced Pears | 13 <b>Nacho Tuesday</b><br>Beef & Cheese Nachos<br>Refried Beans<br>Mild Salsa<br>Tossed Salad<br>Fresh Pear<br>Cinnamon Applesauce<br>Sour Cream                          | 14 <b>National Pancake Day</b><br>Pancakes with<br>Scrambled Eggs<br>Hash Browns, Syrup<br>Tossed Salad<br><b>Food Focus - Red Peppers Strawberries Fruited Red Jell-O Valentine's Day</b> | 15<br>Popcorn Chicken<br>Dinner Roll<br>Carrot Coins<br>Tossed Salad<br>Sliced Cucumbers<br>Pineapple Tidbits<br>Cinnamon Pears<br><b>LUCKY TRAY</b> | 16<br><br><small>© Can Stock Photo</small>   |
| 19<br><br><small>© Can Stock Photo</small>               | 20<br>Chicken Nuggets<br>Mashed Potatoes<br>w/ gravy<br>Chocolate Chip Cookie<br>Tossed Salad<br><b>Food Focus - Baby Carrots</b><br>Chilled Applesauce<br>Chilled Peaches | 21<br>French Toast Sticks<br>w/ Scrambled Eggs<br>Tater Tots, Syrup<br>Tossed Salad<br>Sliced Cucumbers<br>Fresh Banana<br>Apple Juice<br><b>Birthday Treat - Mini Rice Krispie Treat</b>  | 22<br>Hot Dog w/Bun<br>Classic Baked Beans<br><br>Tossed Salad<br><b>Food Focus - Cherry Tomatoes</b><br>Chilled Mixed Fruit<br>Cinnamon Peaches     | 23<br>Bosco Sticks<br>w/ Dipping Sauce<br>Tossed Salad<br>Fresh Broccoli<br>Mixed Fruit<br>Chilled Applesauce<br><b>Frozen Fruit Treat "Sidekicks"</b>                    |
| 26<br>Chicken Tenders<br>W/ Breadstick<br>Oven Baked Tots<br>Celery Sticks<br>Tossed Salad<br>Chilled Peaches<br>Rosy Applesauce           | 27 <b>Nacho Tuesday</b><br>Beef & Cheese Nachos<br>Refried Beans<br>Mild Salsa<br>Tossed Salad<br>Fresh Pear<br>Pineapple Tidbits  | 28<br>Classic Cheeseburger<br>Classic Baked Beans<br>Tossed Salad<br>Sliced Cucumbers<br>Mixed Fruit<br>Fresh Banana   | 1<br>Homemade Pepperoni<br>Pizza<br>Tossed Salad<br>Fresh Broccoli<br>Chilled Pears<br>Chilled Applesauce<br><br><b>LUCKY TRAY</b>                   | 2<br>Crispy Fish Sticks (4)<br>Oven Baked Tots<br>Dinner Roll<br>Tossed Salad<br><b>Food Focus - Baby Carrots</b><br>Mixed Fruit<br><b>Frozen Fruit Treat "Sidekicks"</b> |
| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
| <b>Fun Lunch</b><br><b>Cinnamon Toast</b><br><b>Cereal, Yogurt,</b><br><b>String Cheese</b>  | <b>6 Mini Corn Dogs</b><br><b>Dinner Roll</b>  | <b>Chicken Nuggets</b><br><b>w/Dinner Roll</b>   | <b>Strawberry Parfaits</b>   | <b>Popcorn Chicken</b><br><b>w/Dinner Roll</b>  |

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## **February** **Food Focus of the Month**



### What are Red and Orange Vegetables?

- In fact, these vegetables are so good for you that you should try to eat them most days of the week. You'll see that this is actually pretty easy!
- In the produce aisle:
  - Fresh tomatoes are a favorite, but if they aren't in season (like in the winter) then consider going for other winter vegetables like sweet potatoes, butternut squash, and baby carrots.
  - Bell peppers are also a great choice when the season is right. Buying vegetables out of season means you're paying a lot more and the taste and quality may not be as good.
- In the canned goods aisle:
  - Stock up on canned tomatoes for an easy and healthy add-in for casseroles, soups, pasta, and more. Tomato sauce also counts as a red vegetable.
  - Roasted red peppers packed in water or oil are fun – when choosing oil packed, keep portion size in mind and drain the peppers well.
  - Pureed pumpkin is also a handy pantry item for adding to soups and casseroles. Make sure you buy the pure pumpkin and not the pie filling!
  - Candied yams should be used sparingly due to the added sugar – stick to fresh or look for yams packed in extra light syrup.

**Questions or Comments?** Please contact Steve Bellante @ 810.794.8875 or [sbellante@acsk12.us](mailto:sbellante@acsk12.us)

**Checks:** Please make checks payable to Algonac Food Service or Pay Schools online through Skyward

Menu Subject to Change without Notice

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