

La Tercera and Miwok Valley February 2012 Menu

"Now Featuring"



Whole Grain Breads, Rolls and Tortillas provided by **Alvarado St. Bakery!**
New Items from Amy's Kitchen: Chunky Tomato Soup, and Cheese Pizza in a Pocket!
Featuring Local Fruit and Vegetables from Marin Produce!



♥♥♥ Vegetarian Lunch ♥♥♥ *** New Menu Items *** +++ Whole Grain Products by Alvarado +++

Monday	Tuesday	Wednesday	Thursday	Friday
♥ 2/6	♥ + 7	+ 8	♥ 9	10
"Brunch for Lunch" French Toast Sticks with Strawberries Hard Boiled Egg Fruit	Cheese Quesadilla with an Alvarado Whole Grain Tortilla Garden Salad Fresh Fruit Refried Beans	Hotdog on an Alvarado St. Whole Grain Bun Sweet Potato Fries Fruit Cookie	Tony's Cheese Pizza Salad Bar Icy Juicy Fresh Fruit	Homemade Chicken Noodle Soup Crackers Fresh Fruit Garden Salad
13	+ 14	♥ 15	16	17
Baked Ham Mashed Potatoes with Gravy Vegetable Fresh Fruit	Chicken & Whole Grain Noodle Bake Fresh Broccoli Garden Salad Alvarado Sprouted Wheat Roll	Tony's Cheese Pizza Salad Bar Fresh Fruit Cookie	Teriyaki Chicken Rice Bowl Salad Fresh Fruit Rice Krispy Treats	No School
20	21	+ 22	♥ 23	24
No School	"Brunch for Lunch" Waffles with Strawberries Pork Sausage Patty Fruit	Hotdog on an Alvarado St. Bun Sweet Potato Fries Fresh Fruit Cookie	Amy's Cheese Pizza Salad Bar Fresh Fruit Rice Krispy Treats	Sloppy Joe Nada Pocket Garden Salad Rice Fresh Fruit
27	♥ 28	29	♥ 3/1	♥ + *** 2
Chicken Nuggets Potato Wedges Fruit Celery with Ranch Dip	Amy's Bean & Cheese Burrito Garden Salad Rice Fresh Fruit	Beef Chili Cornbread Vegetable Fresh Fruit	Tony's Cheese Pizza Salad Bar Fresh Fruit Rice Krispy Treats	Grilled Cheese on Alvarado St. Bread Amy's Chunky Tomato Soup Garden Salad Fresh Fruit
5	6	7	+ 8	♥ *** 9
"Brunch for Lunch" Pancakes with Apple Topping Pork Sausage Patty Fresh Fruit	Crunchy Beef Taco Marinated Black Bean Salad Rice Fresh Fruit	Tyson's Chicken Strips Garden Salad Fresh Fruit Cookie	Hamburger on an Alvarado St. Whole Grain Bun Sweet Potato Fries Carrots Fresh Fruit	Amy's Cheese Pizza in a Pocket Salad Bar Fresh Fruit Icy Juicy

Lunch includes a variety of fruit, seasonal fruit, salads, vegetables and a selection of 1% Milk, Fat Free Milk, and Fat Free Chocolate Milk.

Full Price Meals, \$3.50, including Milk; Reduced Price Meals, \$.40, Milk is available without a meal, \$.25

Grab & Go Breakfast served from 8 - 8: 15 am

Items Offered: Milk, Fruit Juice, Muffins, Yogurt, Granola Bar, Hard Boiled Egg, Kelloggs's "To Go Cereal", The Ultimate Breakfast Round and String Cheese

Full Price Breakfast \$1.25, including Milk, Reduced Price Breakfast, \$.30, including Milk

It may be necessary for occasional food substitutions. USDA and Nutrition Services are equal employers. In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability.

