










## Easton-Redding-Region 9 School Districts Helen Keller Middle School Lunch Menu

**Week 1  
February 2012**

Student Meal: \$3.00 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.50  
Meals include, choice of 1% white or fat-free chocolate milk  
(antibiotic and hormone-free)


Station	Monday 1/30	Tuesday 1/31	Wednesday 2/1	Thursday 2/2	Friday 2/3
 Favorite Comfort Foods & International Flavors			Sausage, Egg & Cheese on a Bagel  Baked Potato Rounds	Asian Spicy Chicken  Steamed Brown Rice  Stir Fried Vegetables	Penne with Grilled Chicken & Broccoli  Marinara Sauce  Dinner Roll
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>  Turkey BLT	<u>Today's Special</u>  Grilled Cheese & Tomato on Whole Wheat	<u>Today's Special</u>  Buffalo Chicken Wrap
 Anything in or on a crust	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>  Roasted Veggie	<u>Today's Special</u>  Pizza Bagels	<u>Today's Special</u>  Pepperoni
	Cold Sandwiches & Salads Made Fresh Your Way  <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad				
	Fresh Food Fast- Packaged for Grab N' Go  <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				
 To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit. (Excludes potatoes)					



## Easton-Redding-Region 9 School Districts Helen Keller Middle School Lunch Menu

**Week 2  
February 2012**

Student Meal: \$3.00 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.50  
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(antibiotic and hormone-free)

Station	Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10
 Favorite Comfort Foods & International Flavors	Beef & Bean Burritos  Fiesta Rice	Pizza Dunkers  Tomato Basil Dipping Sauce  Steamed Broccoli	General Tso's Chicken  Steamed Rice  Glazed Carrots	BBQ Pork Rib Sandwich  Confetti Cole Slaw  Sweet Potato Fries	Gemelli Pasta  Homemade Meatballs & Marinara Sauce  Garlic Stick
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u>  Grilled Ham, Cheese & Tomato on Rye	<u>Today's Special</u>  Chicken Caesar Salad Wrap	<u>Today's Special</u>  BBQ Cheeseburger	<u>Today's Special</u>  Grilled Turkey & Cheddar with Honey Mustard on Whole Wheat	<u>Today's Special</u>  BLT Burger
 Anything in or on a crust	<u>Today's Special</u>  BBQ Chicken	<u>Today's Special</u>  Margarita Pizza	<u>Today's Special</u>  Meatball	<u>Today's Special</u>  French Bread Pizza	<u>Today's Special</u>  Pepperoni
	Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad				
	Fresh Food Fast- Packaged for Grab N' Go <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				












To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal.  
Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit.  
(Excludes potatoes)



## Easton-Redding-Region 9 School Districts Helen Keller Middle School Lunch Menu

**Week 3  
February 2012**

Student Meal: \$3.00 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.50  
Meals include, choice of 1% white or fat-free chocolate milk  
(antibiotic and hormone-free)

Station	Monday 2/13	Tuesday 2/14	Wednesday 2/15	Thursday 2/16	Friday 2/17
 Favorite Comfort Foods & International Flavors	Chicken & Cheese Quesadillas  Salsa and Sour Cream  Rice & Beans	Sausage, Peppers & Onions  Caesar Salad  Cheesy Garlic Bread	<u>Hot Dog Bar</u> Chili, Cheese Sauce, Sauerkraut, Sweet Onion Relish  Curly Fries	Chicken Lo Mein  Asian Cole Slaw	Farfalle Pasta Primavera  Marinara Sauce  Dinner Roll
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Grilled Cheese on Whole Wheat	<u>Today's Special</u> Buffalo Chicken Wrap	<u>Today's Special</u> Chipotle Cheeseburger	<u>Today's Special</u> Turkey BLT Wrap	<u>Today's Special</u> Tuna Melt on Rye
 Anything in or on a crust	<u>Today's Special</u> Ham & Pepper	<u>Today's Special</u> Pizza Bagels	<u>Today's Special</u> Sausage	<u>Today's Special</u> French Bread Pizza	<u>Today's Special</u> Pepperoni
	Cold Sandwiches & Salads Made Fresh Your Way  <u>Available Daily</u>  Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad				
	Fresh Food Fast- Packaged for Grab N' Go  <u>Available Daily</u>  Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				



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(Excludes potatoes)










## Easton-Redding-Region 9 School Districts Helen Keller Middle School Lunch Menu

**Week 4**

Student Meal: \$3.00 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.50  
Meals include, choice of 1% white or fat free chocolate milk  
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**February 2012**

Station	Monday 2/20	Tuesday 2/21	Wednesday 2/22	Thursday 2/23	Friday 2/24
 Favorite Comfort Foods & International Flavors	HAVE	A	GREAT	WINTER	BREAK!!
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>
 Anything in or on a crust	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>	<u>Today's Special</u>
	Cold Sandwiches & Salads Made Fresh Your Way  <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad				
	<u>Fresh Food Fast- Packaged for Grab N' Go</u> <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				



To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal.  
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(Excludes potatoes)



## Easton-Redding-Region 9 School Districts Helen Keller Middle School Lunch Menu

**Week 5  
February 2012**

Student Meal: \$3.00 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.50  
Meals include, choice of 1% white or fat-free chocolate milk  
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Station	Monday 2/27	Tuesday 2/28	Wednesday 2/29	Thursday 3/1	Friday 3/2
 Favorite Comfort Foods & International Flavors	Baked Chicken Parmesan Marinara Sauce Bowtie Pasta	Creamy Mac & Cheese Green Beans Dinner Roll	<u>Beef Tacos</u> Soft or Hard Shell Shredded Lettuce & Cheese, Salsa, Olives & Jalapenos	Crispy Chicken Tenders Mashed Potatoes Home style Gravy Dinner Roll	Baked Ziti Steamed Broccoli Garlic Bread Stick i
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Grilled Ham & Cheese On Rye	<u>Today's Special</u> Chicken Caesar Salad Wrap	<u>Today's Special</u> Grilled Cheese on Whole Wheat	<u>Today's Special</u> Beef Fajita Wrap	<u>Today's Special</u> Grilled Turkey & Swiss on Rye
 Anything in or on a crust	<u>Today's Special</u> Pizza Bagels	<u>Today's Special</u> Buffalo Chicken	<u>Today's Special</u> Margarita Pizza	<u>Today's Special</u> Ham & Pepper	<u>Today's Special</u> Pepperoni
	Cold Sandwiches & Salads Made Fresh Your Way  <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad				
	<u>Fresh Food Fast- Packaged for Grab N' Go</u> <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				



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(Excludes potatoes)