

Samuel Staples Elementary Lunch Menu - February 2012

This Month's Food Focus is...Low Fat Yogurt!



	Full Lunch \$2.75 Reduced Price \$0.40 Milk \$0.60 Adult Lunch \$3.50	1 Crispy Chicken Nuggets Whole Wheat Dinner Roll Baby Spinach Salad Chilled Peaches Fresh Fruit & Veggie Selection	2 Beef Tacos w/ Shredded Romaine Lettuce & Diced Tomatoes Brown Rice & Beans Chilled Pineapple Fresh Fruit & Veggie Selection	3 <u>Pizza Party!</u> Fresh Baked Cheese or Pepperoni Pizza Vegetable Pasta Salad Fresh Orange Slices Fresh Fruit & Veggie Selection
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Weekly Alternate: (B) Garden Salad Shaker with Cheese & Crackers (C) **Whole Wheat Bagel FUN LUNCH with Yogurt & String Cheese**

6 Popcorn Chicken Mashed Sweet Potatoes Seasoned Green Beans Whole Wheat Dinner Roll Cinnamon Applesauce Fresh Fruit & Veggie Selection	7 Turkey Hot Dog on a Whole Wheat Bun Baked Beans Broccoli Trees with Ranch Dipping Sauce Fresh Pears Fresh Fruit & Veggie Selection	8 Whole Grain Italian Cheese Dunkers w/ Marinara Dipping Sauce Baby Carrots Sweet Raisins Fresh Fruit & Veggie Selection	9 Hamburger or Cheeseburger w/ Lettuce & Tomato on a Whole Wheat Bun Seasoned Peas and Carrots Chilled Mixed Fruit Fresh Fruit & Veggie Selection	10 Fresh Baked Cheese or Pepperoni Pizza Tossed Garden Salad Fresh Orange Slices Fresh Fruit & Veggie Selection
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Weekly Alternate: (B) Chicken Caesar Salad Wrap (C) **Cheerio Bowl FUN LUNCH with Yogurt & String Cheese**

13 Fluffy Pancakes Warm House-Made Fruit Topping Turkey Sausage Patty Yogurt Cup Fresh Fruit & Veggie Selection	14 Chicken Quesadilla with Yogurt Salsa Fiesta Brown Rice Bell Pepper Rings Chilled Pears Fresh Fruit & Veggie Selection	15 Creamy Macaroni & Cheese Garlic Bread Seasoned Broccoli Fresh Apple Fresh Fruit & Veggie Selection	16 Sloppy Joe on a Whole Wheat Bun Confetti Coleslaw Oven Baked Potato Wedges Chilled Pineapple Fresh Fruit & Veggie Selection	17 <u>Pizza Party!</u> Fresh Baked Cheese or Pepperoni Pizza Baby Spinach Salad Fresh Orange Slices Fresh Fruit & Veggie Selection
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Weekly Alternate: (B) Chef Salad served with a Whole Wheat Dinner Roll (C) **Whole Wheat Bagel FUN LUNCH with Yogurt & String Cheese**

20	21	22	23	24
<h2 style="margin: 0;">Have a Safe and Happy Break!</h2>				

27 Grilled Cheese Sandwich on Whole Wheat Bread Creamy Tomato Soup Carrot Sticks with Ranch Dipping Sauce Fresh Apple Fresh Fruit & Veggie Selection	28 Nachos w/ Seasoned Ground Beef Shredded Cheese, Romaine Lettuce & Salsa Seasoned Brown Rice Chilled Peaches Fresh Fruit & Veggie Selection	29 Baked Ziti Whole Wheat Breadstick Seasoned Broccoli Sweet Raisins Fresh Fruit & Veggie Selection	MEALS ARE OFFERED W/ CHOICE OF ENTRÉE, ADDITIONAL SERVINGS OF FRUITS AND VEGETABLES, AND LOW FAT WHITE MILK or FAT FREE FLAVORED MILK ALL of our offerings contain ZERO GRAMS OF TRANS FATS per serving
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Weekly Alternate: (B) Turkey and Cheese on Whole Wheat Bread (C) **Cheerio Bowl FUN LUNCH with Yogurt & String Cheese**

Questions? Please call Dave Kennedy (Food Service Director) 203-938-0862



SUPERFOOD OF THE MONTH: LOW FAT YOGURT!



Rainbow Fruit Kabobs with Cinnamon Yogurt Dipping Sauce

(Yields 24 servings)

Cinnamon Yogurt Dipping Sauce

Ingredients:

- 1 cup plain yogurt
- 2 tsp. brown sugar
- $\frac{1}{4}$ tsp. vanilla extract
- $\frac{1}{4}$ tsp. ground cinnamon



Procedure:

Mix the yogurt, brown sugar, vanilla extract and ground cinnamon together. Stir until completely combined.

Rainbow Kabobs

Ingredients:

- 1 pint fresh raspberries
- 1 cantaloupe, scooped into melon balls
- 1 pineapple, peeled, cored and cubed
- 3 kiwi fruits, peeled and sliced
- 1 pint fresh blueberries



Procedure:

Alternating the fruits, thread them onto a 6 inch bamboo skewer. Serve the skewers alongside a bowl of the cinnamon yogurt dipping sauce.

You can try plain low fat yogurt instead of sour cream as a tangy topping for tacos or nachos!



Low fat yogurt is an excellent source of protein and calcium, which you need to build strong bones and teeth.

