



Canal Winchester Local Schools
 February 2012
Student lunch \$2.15 Reduced price \$0.40
NEW Weekly Alternatives

All meals include a trip to Chartwells food bar. Daily food bar offerings include a variety of fruits and vegetables such as:
 romaine lettuce, fresh broccoli, baby carrots, fresh fruit, canned fruit and composed salads.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta & Italian Meat Sauce Tossed Salad w/ Vinegar & Oil Dressing Banana Choice of Milk	2 Whole Grain Pancakes w/ Scrambled Eggs Crispy Tater Tots Orange Wedges Choice of Milk	3 Cheese Pizza on Whole Grain Crust Corn on the Cob Chilled Mixed Fruit Choice of Milk
Weekly Alternatives: Yogurt and Cracker Stackers Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers) Baby Carrots, Fruit and Milk Vegetarian Salad (romaine lettuce, tomato, cheese, hard boiled egg) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				
6 No School	7 Turkey Taco Salad w/ Tortilla Shell Rounds Rice & Beans Chilled Peaches Choice of Milk	8 Baked Breaded Fish Sticks w/ Cheesy Macaroni & Whole Grain Dinner Roll Cucumber Coins with Low Fat Ranch Locally Grown Apple Choice of Milk	9 Whole Grain Mini Chicken Corn Dogs w/ Whole Grain Breadstick Steamed Broccoli with cheese sprinkled on top Orange Smiles Choice of Milk	10 Sweet and Sour Chicken with Brown Rice Fresh Celery Sticks w/ Light Ranch Dip Chilled Pineapples Choice of Milk
Weekly alternatives: Cold Pizza Bagel Fun Lunch (Whole Grain Bagel, Pizza Sauce & Shredded Cheese), Fruit, and Milk Deli Chef Salad (romaine lettuce, tomato, cheese, deli meat) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				
13 Baked Whole Grain Breaded Chicken Nuggets w/ Cornbread Seasoned Steamed Broccoli Orange Wedges Choice of Milk	14 Toasted Cheese Sandwich on Whole Grain Bread w/ Tomato Soup Cup & Crackers Fresh Baby Carrots Mixed Fruit Choice of Milk	15 Cheesy Red Rotini Bake Seasoned Green Beans Chilled Pears Choice of Milk	16 Chicken & Cheese Quesadilla served w/ salsa Fresh Banana Choice of Milk	17 Cheese Pizza on Whole Grain Crust Tossed Romaine Salad w/ Vinegar & Oil Dressing Chilled Applesauce Choice of Milk
Weekly Alternatives: Junior Ham & Cheese Sub with w/ Celery Sticks, Fruit and Milk Vegetarian Salad (romaine lettuce, tomato, cheese, hard boiled egg) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				
20 No School	21 Carved Turkey with Homemade Gravy Whole Grain Dinner Roll Mashed Potatoes Mandarin Oranges Choice of Milk	22 Sloppy Joe Scoops Fresh Creamy Coleslaw Made w/ Locally Grown Cabbage Chilled Peaches Choice of Milk	23 Turkey Hot Dog on a Whole Grain Bun Tater Tots Locally Grown MI Cantaloupe Choice of Milk	24 Nachos w/ Spicy Meat, Cheese, Lettuce & Salsa Rice & Beans Chilled Pineapples Choice of Milk
Weekly Alternatives: Flexitarian Fun Lunch: Cheese Squares, Crackers, Carrot and Celery Sticks, Fruit and Milk Deli Chef Salad (romaine lettuce, tomato, cheese, deli meat) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				
27 Cheese Burger on WG Bun Seasoned Green Beans Fruit Crisp Choice of Milk	28 Whole Grain French Toast Sticks w/ Turkey Sausage Mashed Sweet Potatoes Fresh Banana Choice of Milk	29 Cheese Filled Whole Grain Breadsticks with Dipping Sauce Romaine Side Salad Fresh Apple Choice of Milk		
Weekly Alternatives: Junior Turkey and Cheese in Whole Wheat Wrap w/ Baby Carrots, Fruit and Milk Deli Chef Salad (romaine lettuce, tomato, cheese, deli meat) served with WG Breadstick and Light Ranch Dressing, Fruit and Milk				



Go to www.choosemyplate.gov for online personal wellness resources for you and your family.

Milk selections include: 1% white, skim white or skim chocolate.

The National School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.
 Any questions or concerns please contact: Jeannie Martin, Director of Dining Services at 920-2649