



UISD SECONDARY SCHOOL MENU

FEBRUARY 2012

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Whole Grain Eggo Minis Maple Pancakes 100% Orange Juice*Syrup	2	Pillsbury Cherry Frudel 100% Orange Juice	3	Breakfast Sandwich 100% Orange Juice *Jelly
					Corn Dog Spicy BBQ Grilled Chicken Burger Chili 'n' Beans Broccoli w/ Cheese Whole Kernel Corn Fresh Orange		Chicken Parmesan Toasty Ham & Cheese Baked Potato Green Beans Carrot Coins Garden Fresh Salad Chilled Sliced Pears		Buffalo Chicken Flatbread Sandwich Peas & Carrots Corn on the Cob Chilled Pineapple Tidbits
6	Blueberry Muffin 100% Orange Juice	7	Turkey Sausage Pizza Bagel 100% A pple Juice	8	Cinnamon Glazed French Toast 100% Orange Juice *Syrup	9	Whole Grain SUN Morning MIX-UP Fresh Banana	10	Breakfast Bar w/Toast 100% Apple Juice *Jelly
	Country Fried Steak w/Warm Bread Fluffy Mashed Potatoes Green Beans Chilled Fruit Cocktail		Italian Spaghetti w/Meatsauce & Warm Italian Bread Cheesy Chili Baked Potato Multi-Grain Sun Chips Garden Fresh Salad Broccoli Normandy Chilled Pineapple Tidbits		Popcorn Chicken w/Warm Bread Spicy BBQ Grilled Chicken Burger Peas & Carrots Fresh Baby Carrots Fresh Green Apple		Baked Chicken Nuggets w/Warm Bread Creamy Broccoli Cheese Baked Potato Garden Fresh Salad Fluffy Mashed Potatoes Whole Kernel Corn Chilled Sliced Peaches		Oven-Roasted Chicken w/Flour Tortillas Sopa de Fideo Pinto Beans Chilled Fruit Cocktail
13	BeneFIT Oatmeal Raisin Bar 100% Orange Juice	14	Stuffed Biscuit w/Turkey Sausage, Egg & Cheese 100% Apple Juice	15	Smucker's Whole Grain Cinnamon Waffles 100% Orange Juice *Syrup	16	Berry Apple Crisp Bar 100% Orange Juice	17	HOLIDAY
	Baked Salisbury Steak w/Warm Bread Fluffy Mashed Potatoes Green Beans Fluffy Mashed Potatoes Chilled Sliced Peaches		Crispy Beef Tacos Creamy Broccoli Cheese Baked Potato Garden Fresh Salad Pinto Beans Whole Kernel Corn Chilled Sliced Pears		Jumbo Chicken & Veggie Egg Roll Spicy BBQ Grilled Chicken Burger Asian White Rice Broccoli Chilled Pineapple Tidbits		Toasty Ham & Cheese Baked Potato Buffalo Chicken Flatbread Sandwich Oven-Baked Crinkle Fries Peas & Carrots Garden Fresh Salad Chilled Sliced Peaches		
20	Professional Development NO SCHOOL TODAY	21	Hot Pockets Cheese Pizza 100% Apple Juice	22	Strawberry Pop Tarts 100% Orange Juice	23	Cocoa Krispies Cereal Fresh Banana	24	Whole Grain Turkey Sausage Pancake Wrap 100% Apple Juice *Syrup
			Lasagna w/Warm Italian Bread South of the Border Baked Potato Green Beans Goldfish Mix-Up Adventures Garden Fresh Salad Chilled Sliced Pears		Popcorn Chicken w/Warm Bread Grilled Chicken Burger Broccoli w/Cheese Fresh Baby Carrots Fresh Red Apple		Breaded Steak Fingers w/Warm Bread Creamy Broccoli Cheese Baked Potato Garden Fresh Salad Corn on the Cob Fluffy Mashed Potatoes Chilled Fruit Cocktail		Chili Dog Fresh Baby Carrots Whole Kernel Corn Chilled Pineapple Tidbits
27	Whole Grain Apple Cinnamon Texas Toast 100% Orange Juice	28	Bean & Cheese Burrito 100% Apple Juice	29	Whole Grain Eggo Minis Maple Pancakes 100% Orange Juice *Syrup				
	Mega Cheese Ravioli w/Warm Italian Bread Broccoli Normandy Garden Fresh Salad Chilled Fruit Cocktail		Fish Sticks w/Warm Bread Cheesy Chili Baked Potato Garden Fresh Salad Macaroni & Cheese Peas & Carrots Chilled Pineapple Tidbits		Corn Dog Spicy BBQ Grilled Chicken Burger Chili 'n' Beans Broccoli w/ Cheese Whole Kernel Corn Fresh Orange				

BREAKFAST: 1% Low Fat Milk, fat free (plain) **LUNCH:** 1% Low Fat Milk (plain), fat free chocolate, strawberry, & plain milk *Condiments

LUNCH: Entrees (Mondays & Fridays) Chicken Burger (Tuesdays) Cheeseburger/ Sub Sandwich w/Soup (Thursdays) Hamburger /Grilled Ham & Cheese Sandwich w/Soup
Nardone's Pepperoni Pizza---(Mondays, Wednesdays and Fridays) Condiments Daily

Feb. 1, 3, 27 & 29: Tuna Salad on a bed of Mixed Greens Feb. 6, 8, & 10: Grilled Chicken on a bed of Mixed Greens; Feb. 13 & 15: Chicken Salad on a bed of Mixed Greens; Feb. 22& 24: Turkey Ham Cubes on a bed of Mixed Greens
Sides: (Mondays, Wednesdays & Fridays) Oven-Baked Fries



What does CAULIFLOWER bring me?



Color Your Meals Healthy!

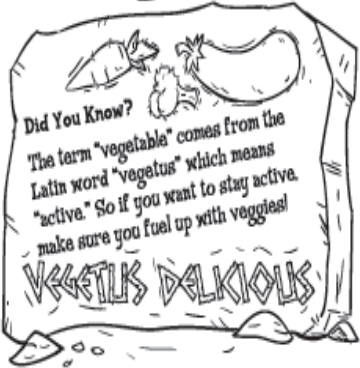
Do you use more than one color when you draw or paint? Think of vegetables the same way! They come in a variety of colors and each color has its own special power for you. The more colors of vegetables you eat, the more you do for YOU to be strong, smart and fit! Supercharge your body and mind by adding red peppers, orange carrots, yellow corn, green broccoli, purple beets, and white cauliflower. Did you notice the colors made a rainbow too?



Veggie Seek and Find

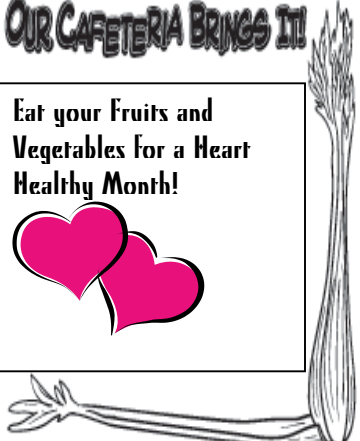
Draw a circle around the words written forwards, backwards, up and down in the puzzle.

K H O R T A B N R O C A
 V E G E T A B L E J A A
 R A L E T A R S E M R S
 X L O T A M O T J Y R N
 C T J E T A C L Y J O I
 V H G B T O C V E M T M
 K A L E T A O W E R A A
 Q E E G G P L A N T F T
 V E G E T R I L M S A I
 N E C U T T E L E D A V



OUR CAFETERIA BRINGS IT!

Eat your Fruits and Vegetables for a Heart Healthy Month!



Squaremeals is the Texas Department of Agriculture's Nutrition Education and Outreach program funded by the U.S. Department of Agriculture, Food & Nutrition Service.
www.squaremeals.org

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