

# Spaulding High School February 2012

Food Service  
Director  
George Mackey

Registered  
Dietitian  
Pat Harrison

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Curried Chicken & Apricots on Coconut Brown Rice Steamed Broccoli  Fresh Pineapple Chunks Milk	<b>2</b> Hand Carved Pork Loin Garlic Mashed Potatoes Grilled Squash Whole Wheat Roll  Fresh Fruit Selection Milk	<b>3</b> Spicy Chicken Chimichanga (Whole Wheat Tortilla) w/Salsa, Sour Cream, Lettuce, Guacamole & Black Olives Fresh Fruit Selection Milk
<b>6</b> Penne Pasta w/Chicken, Crispy Veggies & Fresh Basil Pesto Whole Wheat Garlic Bread Fresh Fruit Selection Milk	<b>7</b> Beef & Bean Chili Jalapeño Cornbread Sour Cream & Green Onions Garden Salad Fresh Fruit Selection Milk	<b>8</b> Chicken & Vegetable Stir Fry w/Bok Choy Fried Brown Rice  Fresh Fruit Selection Milk	<b>9</b> Spinach & Cheese Roll- Up w/Zesty Marinara Mesclun Salad Whole Wheat Garlic Bread Fresh Fruit Selection Milk	<b>10</b> Chicken Fajita on Whole Wheat Tortilla w/Spicy Peppers, Salsa & Sour Cream Spanish Brown Rice Fresh Fruit Selection Milk
<b>13</b> Grilled Chicken Satay w/Spicy Peanut Sauce Brown Rice Crispy Fried Veggies  Fresh Fruit Selection Milk	<b>14</b> Classic Mac & Cheese Maple Glazed Carrots Whole Wheat Dinner Roll  Fresh Fruit Selection Milk	<b>15</b> Baked Meatloaf w/Mashed Potatoes & Mushroom Gravy Broccoli w/Creamy Cheese Sauce Whole Wheat Roll Fresh Fruit Selection Milk	<b>16</b> Two Soft Chicken Whole Wheat Tacos w/Salsa, Sour Cream, Lettuce & Cheddar Cheese Buttered Corn  Fresh Fruit Selection Milk	<b>17</b> Yankee Pot Roast Boiled New Potatoes Carrots Whole Wheat Dinner Roll  Fresh Fruit Selection Milk
<b>20</b> Chicken & Cheese Quesadilla w/Salsa, Sour Cream & Lettuce Grilled Squash Spiced Rice Fresh Fruit Selection Milk		<b>22</b> Sloppy Joe on a Whole Wheat Roll Steak Fries Mixed Veggies  Fresh Fruit Selection Milk	<b>23</b> Grilled Chicken Caesar Salad w/Whole Wheat Croutons  Fresh Fruit Selection Milk	<b>24</b> Ham & Cheese Croissant Melt Whole Wheat Pasta Salad Creamy Coleslaw  Fresh Fruit Selection Milk
<b>27</b> <b>VACATION</b>	<b>28</b> <b>VACATION</b>	<b>29</b> <b>VACATION</b>		<b>NACHO BAR ON MONDAYS!!</b>

## DIETITIAN'S CORNER:

### The Heart of the Matter

February is "Heart Month" – a time for Valentines, chocolate and talk of love. It's also Heart Month for the American Heart Association. They have a major campaign to educate people about the importance of taking care of your heart by eating right, exercising and following healthy lifestyle habits. The heart is the most important muscle in the body, pumping blood, carrying oxygen and vital nutrients throughout the system. Are you caring well for *your* heart?

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## LUNCH PRICES

### Daily Menu Selection

With Homemade  
Soup

### Salad Bar

Assortment of Fresh  
Produce, Meats,  
Cheese & Salads

### Little Italy

Assorted Pizza

### Breakfast Prices

Paid \$1.40  
Reduced \$0.00  
Adults \$1.50

### Deli Bar

Made to Order Subs,  
Sandwiches & Wraps,  
Pasta Salad, Soup & Milk

### Crimson Tide Grill

Grilled Burgers,  
Cheeseburgers, Fries  
& Specials

### Choice of Milks

Low Fat Chocolate,  
Skim or 2%

### Lunch Prices

Paid \$2.50  
Reduced \$0.40  
Adult \$3.00  
Milk \$0.50

*Menu Subject to Creativity!*