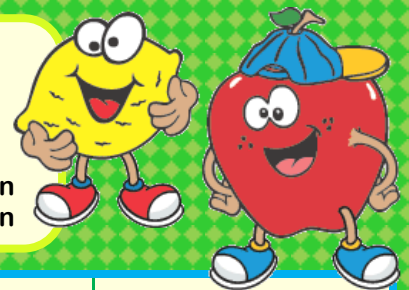


# BCEMS January 2012

Food Service Director  
George Mackey

Registered Dietitian  
Pat Harrison



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>No SCHOOL STAFF DEVELOPMENT DAY</b>	3 Steamed Hot Dog on a NE Roll Sweet Potato Fries Creamy Coleslaw Baked Beans Fruit Selection Milk	4 Sweet & Sour Chicken & Veggie Stir Fry Steamed Brown Rice Whole Wheat Dinner Roll Fresh Fruit Selection Milk	5 Chicken Wrap w/Lettuce, Tomato & Ranch Dressing Veggie Pasta Salad Baby Carrots Fresh Fruit Selection Milk	6 <b>PIZZA DAY!</b> Cheese <u>or</u> Meat Lover's Pizza Tossed Garden Salad Fruit Selection Milk
9 Ham & Cheese Croissant Sandwich Pasta Salad Steamed Mixed Veggies Fruit Selection Milk	10 <b>BRUNCH FOR LUNCH!</b> Pancakes w/Scrambled Eggs & Cheese Maple Sausage Fruit Smoothie Milk	11 Homemade Meatloaf & Gravy Whipped Potatoes Steamed Corn Whole Wheat Dinner Roll Fresh Fruit Selection Milk	12 Mama Ruel's Baked Ziti w/Meat Sauce Whole Wheat Garlic Bread Tossed Green Salad Fresh Fruit Selection Milk	13 Open-Faced Hot Turkey Sandwich on Whole Wheat Petite Peas Fresh Fruit Selection Milk
16 <b>No SCHOOL STAFF DEVELOPMENT DAY</b>	17 Classic Cheeseburger on a Whole Wheat Bun w/Lettuce & Tomato Oven Baked Fries Fresh Fruit Selection Milk	18 Cheesy Rotini w/Ham & Sweet Peas Steamed Veggies Fresh Fruit Selection Milk	19 Creamed Chicken Whipped Potatoes Whole Wheat Dinner Roll Glazed Carrots Fresh Fruit Selection Milk	20 <b>PIZZA DAY!</b> Cheese <u>or</u> Meat Lover's Pizza Tossed Green Salad Fruit Selection Milk
23 Sloppy Joe Jr. on Whole Wheat Roll Steak Fries Steamed Mixed Veggies Fresh Fruit Selection Milk	24 Ham & Cheese Calzone w/Marinara Sauce Tossed Green Salad Fresh Fruit Selection Milk	25 Soft Whole Wheat Taco w/Grilled Chicken, Lettuce, Salsa & Sour Cream Cucumber Slices Herbed Brown Rice Fresh Fruit Selection Milk	26 Homemade Macaroni & Cheese Green Beans Whole Wheat Dinner Roll Fresh Fruit Selection Milk	27 General Tso's Chicken w/Steamed Broccoli Herbed Brown Rice Pineapple Chunks Jell-O Milk
30 Crispy Fish Sticks w/Tartar Sauce Seasoned Potato Wedges Veggie Medley Whole Wheat Dinner Roll Fresh Fruit Selection Milk	31 Spaghetti w/Meat Sauce Whole Wheat Garlic Bread Tossed Green Salad Fresh Fruit Selection Milk			

## DIETITIAN'S CORNER:

### **Kick the Winter Doldrums Try Some New Foods**

A new year – the holiday activities are over. The start of 2012 can be a great opportunity to take a *fresh* look at your health. Maybe this is the time to try some new foods for a healthier YOU!

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited bases apply to all programs.)



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We offer local products when available.

## DAILY OFFERINGS

### Deli Bar

Made to Order Subs,  
Sandwiches & Wraps  
Add a Fruit and/or  
Vegetable & Milk

### Salad Bar

Assortment of  
Fresh Produce  
Meat & Cheese  
Rolls & Milk

### Additional Fruit & Vegetable Choices May Include

Apples	Oranges	Mandarin Oranges	Bananas	Pears
Applesauce	Peaches	Fruit Cocktail	Pineapple	Fruit Gelatin
Fruit Juices	Tossed Salad	Vegetable Salad	Carrots	Celery

### Choice of Milk

Low Fat Chocolate, Skim or 1%

### Breakfast Prices

Paid \$1.25  
Reduced \$0.00  
Adult \$1.50

### Lunch Prices

Paid \$2.00  
Reduced \$0.40  
Adult \$3.00  
Milk \$0.50



Menu Subject to Creativity!