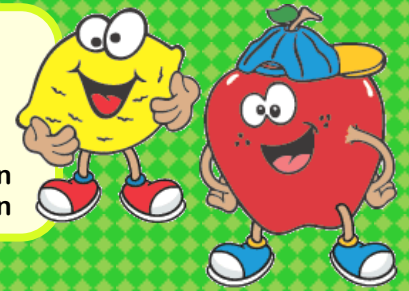
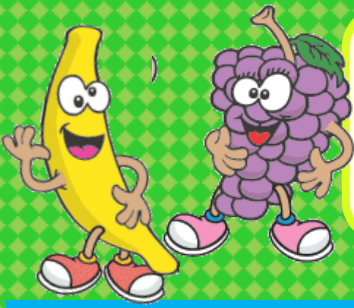




# BCEMS February 2012

Food Service Director  
George Mackey

Registered Dietitian  
Pat Harrison



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Roasted Chicken New Potato Salad Steamed Green Beans Whole Wheat Dinner Roll Fresh Fruit Selection Milk	<b>2</b> Ham & Cheese Croissant Sandwich Steamed Mixed Vegetables Fresh Fruit Selection Milk	<b>3</b> <b>PIZZA DAY!</b> Cheese or Meat Lover's Pizza Tossed Garden Salad Fruit Selection Milk
<b>6</b> Chicken Parmesan Sandwich on a Whole Wheat Bun Italian Bean Salad  Applesauce Milk	<b>7</b> Whole Wheat Macaroni Casserole w/Meat Sauce & Mozzarella Garlic Bread Garden Salad Fresh Fruit Selection Milk	<b>8</b> Chicken & Cheese Burrito w/Salsa, Sour Cream & Lettuce Veggie Medley Brown Rice Fresh Fruit Selection Milk	<b>9</b> Steamed Hot Dog on a NE Roll Mama's Baked Beans Crispy Oven Fries  Fresh Fruit Selection Milk	<b>10</b> Pizza Dippers w/Marinara Sauce Mozzarella Sticks Steamed Green Beans  Fresh Fruit Selection Milk
<b>13</b> Crispy Fish Sticks Seasoned Potato Wedges Whole Wheat Roll Veggie Medley  Fresh Fruit Selection Milk	<b>14</b> Chicken & Veggie Stir Fry on Brown Rice Whole Wheat Roll  Fruit Cocktail Milk	<b>15</b> Open-Faced Hot Turkey Sandwich on Whole Wheat Whipped Potatoes & Gravy Broccoli Fresh Fruit Selection Milk	<b>16</b> Grilled Ham & Cheese on Whole Wheat Garden Salad  Applesauce Milk	<b>17</b> <b>PIZZA DAY!</b> Cheese or Meat Lover's Pizza Tossed Green Salad  Fruit Selection Milk
<b>20</b> Home Style Chicken & Gravy w/Mashed Potatoes Whole Wheat Roll Sweet Glazed Carrots Fresh Fruit Selection Milk	<b>21</b> Baked Ziti w/Meat Sauce Garden Salad Whole Wheat Garlic Bread  Fresh Fruit Selection Milk	<b>22</b> BBQ Pork Riblet on a Whole Wheat Bun Creamy Coleslaw Crispy Oven Fries  Fresh Fruit Selection Milk	<b>23</b> Homemade Mac & Cheese Steamed Carrots Garden Salad  Fresh Fruit Selection Milk	<b>24</b> Classic Cheeseburger on a Whole Wheat Bun w/Lettuce & Tomato Oven Baked Fries Fresh Fruit Selection Milk
<b>27</b> <b>VACATION</b>	<b>28</b> <b>VACATION</b>	<b>29</b> <b>VACATION</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?

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

### 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!