

LUNCH FEBRUARY 2012

Pauls Valley JH & HS Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>School Information:</p> <ul style="list-style-type: none"> "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. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). 		<p>Long Johns 1 Bacon Corn Dog Tator Tots Mixed Fruit/Cookie</p>	<p>Oats 2 Toast & Jelly Frito Chili Pie w/cheese Veggie Sticks w/ranch Fruit Salad Bar</p>	<p>Biscuits & Gravy 3 Sausage Link Stuffed crust Pizza Corn Salad Brownie</p>
<p>Texas Cinnamon Toast 6 Ham Mozzarella Sticks w/ marinara Sauce Peas/Salad Wacky Cake</p>	<p>Cereal 7 Toast & Jelly Roasted Chicken Mashed Potatoes/Gravy Corn on cob/Hot Roll Fruit</p>	<p>Pancakes 8 Sausage Hot Dog Potato Wedges Pickle Spear Baked Beans Ch Chip Cookie/Salad Bar</p>	<p>French Toast Sticks 9 Bacon Pepperoni Stromboli Green Beans/Salad Pudding w/topping</p>	<p>Biscuits & Gravy 10 Sausage Link Cheese Burger Lettuce/Tomato/Pickle French Fries Cookie /Salad Bar</p>
<p>Oats 13 Toast & Jelly Chicken Strips Mashed Potatoes/Gravy Hot Roll/Corn Strawberry Shortcake</p>	<p>Waffles 14 Bacon Enchilada Casserole Beans/Salsa Mexican Rice Pudding</p>	<p>Long Johns 15 Sausage Link Spaghetti w/meat sauce Peas/Garlic Stick Fruit Salad Bar</p>	<p>Cereal 16 Toast & Jelly Potato Bar w/ham & cheese Pickle Spear Crackers/Choc Chip Cookie Bars</p>	<p>NO SCHOOL 17 Parent/Teacher Conferences</p>
<p>Yogurt w/fruit 20 Toast & Jelly Nachos w/cheese & meat Salsa/Beans Fruit Cobbler</p>	<p>Cereal 21 Toast & Jelly Spaghetti Green Beans Garlic Biscuit/ Fruit Salad Bar</p>	<p>Scrambler w/sausage 22 Burrito/Salsa Popcorn Chicken Mashed Potatoes/Gravy Corn /Hot Roll /Cookie</p>	<p>Pancake on a stick 23 Quesadilla Mexican Rice Beans/Salsa Cinnamon Apples</p>	<p>Biscuits & Gravy 24 Sausage Link Pizza Sticks Corn Salad/Brownie</p>
<p>Breakfast Pizza 27 Cheeseburger Mac Okra Salad/Hot Roll Cherry Crisp /Salad Bar</p>	<p>Cinnamon Rolls 28 Chicken Fajitas Mexican Rice/Beans Salsa Pudding w/topping</p>	<p>Cereal 29 Toast & Jelly Chicken Strips Mashed Potatoes/Gravy Carrots/Hot Roll/Fruit</p>		

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.²
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

School Information:

- **Menu subject to change.** Water available.
- Variety of milk served with Breakfast and Lunch.
- Variety of juice served with Breakfast..