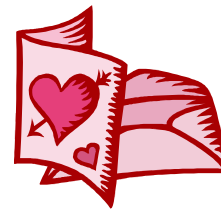


**West Elk Jr/Sr High School**  
(all meals served with milk)



**Breakfast February 2010**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Pancake on a Stick</b> Cereal choice Fruit/Fruit Juice	<b>2 Breakfast Pizza</b> Cereal choice Fruit/Fruit Juice	<b>3 Long John</b> Cereal/Yogurt choice Fruit/Fruit Juice	<b>4 Waffle Sticks</b> Sausage Patty Fruit/Fruit Juice	<b>5 English Muffin</b> w/Ham & Cheese Cereal choice Fruit/Fruit Juice
<b>8 Biscuits</b> w/Sausage Gravy Fruit/Fruit Juice	<b>9 Muffin</b> Cereal/Yogurt choice Fruit/Fruit Juice	<b>10 Pizza Bagel</b> Cereal choice Fruit/Fruit Juice	<b>11 Coffee Cake</b> Cereal/Yogurt choice Fruit/Fruit Juice	<b>12 Scrambled Eggs</b> Picante Sauce Mozzarella Breadstick Fruit/Fruit Juice
<b>15 No School</b> Teacher In-Service	<b>16 Biscuit</b> W/ Egg Patty & Cheese Cereal choice Fruit/Fruit Juice	<b>17 Cinnamon Roll</b> Cereal/Yogurt choice Fruit/Fruit Juice	<b>18 French Toast Swirl</b> Lil Smokies Fruit/Fruit Juice	<b>19 Glazed Donut</b> Cereal/Yogurt choice Fruit/Fruit Juice
<b>22 Breakfast Pizza</b> Cereal choice Fruit/Fruit Pizza	<b>23 Cinnamon Toast</b> Ham Patty & Egg Patty Fruit/Fruit Juice	<b>24 Muffin</b> Cereal/Yogurt choice Fruit/Fruit Juice	<b>25 Pancakes</b> w/Sausage Links Fruit/Fruit Juice	<b>26 Cinnamon Pastry</b> Cereal choice Fruit/Fruit Juice

**LUNCHES February 2010**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Chicken Nuggets</b> French Fries, Corn Baby Carrots Applesauce, Brownie	<b>2 Corn Dog, Ranch cuts</b> Broccoli & Cheese or Peas, Strawberries/ gelatin, Frosted Cupcake	<b>3 Taco Burger/Bun</b> Lettuce & Tomato Spicy Fries Green Beans, Peaches	<b>4 Chicken Wraps, Corn</b> Fiesta Rice, Salad Mixed Fruit Elf Grahams	<b>5 Macho Nachos</b> Carrots & Cucumbers Frozen Fruit Medley Cinnamon Breadsticks
<b>8 Tacos</b> Lettuce/Tomato/Cheese Refried Beans Carrots & Cucumbers, Pineapple Pudding Cup	<b>9 Chicken Tenders</b> Broccoli & Rice casserole Peas, Mixed Fruit Texas Toast	<b>10 Chili w/crackers</b> Green Beans Peaches Cinnamon Roll	<b>11 Pork Rib/Hoagie</b> Snack Chips Baked Beans Baby Carrots Pears, Cookie	<b>12 Pizza, Corn</b> Salad Fresh Fruit Cookie
<b>15 No School</b> Teacher In-Service	<b>16 Fried Chicken Drum</b> Potatoes & Gravy, Corn Tomatoes & Cucumbers Pineapple Rings Roll	<b>17 Grilled Cheese</b> Sandwich Soup w/crackers Celery w/Pbutter cup Mixed Fruit	<b>18 Chicken Parmigiana</b> w/Pasta & Marinara Tossed Salad Peaches Garlic Breadstick	<b>19 Breakfast for Dinner</b> Egg Patty, Sausage, Hash-browns, Pancakes Applesauce, Orange wedges, Oatmeal Bar
<b>22 Hamburger/bun</b> Tomato/Pickle/Onion French Fries, Corn Applesauce, Cookie	<b>23 Beef Stew, Crackers</b> Green Beans, Pears Cheezy Garlic Biscuit	<b>24 Baked Potato Bar</b> w/Chili or Fajita Chicken Broccoli & Cheese or Peas Pineapple, Breadstick	<b>25 Pizza Sandwich</b> Potato Salad Veggie Dippers Peaches, Snack Cookie	<b>26 Quesadillas w/salsa</b> & sour cream, Salad Refried Beans, Fiesta Rice, Mixed Fruit

USD#282 operates under the Child Nutrition Program, a part of USDA. At each meal, a student will be offered items from these five categories: meat, grains, fruit, vegetable, & milk. A student must select, at the least, 3 items from different groups to comprise a reimbursable meal in this program. This institution is an equal opportunity provider. Menus are subject to change.