


# LUNCH FEBRUARY 2012

# Our Lady of Assumption

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Chicken Strips</b> <b>Ranch Dressing</b> <b>Baby Carrots</b> <b>Fresh Fruit</b> <b>Milk</b>	<b>Special Persons Day</b> <b>Look for the Form</b> <b>\$5.00 Meal Deal</b>	<b>Round Table Pizza</b> <b>Salad Cup</b> <b>Fresh Fruit</b> <b>Milk</b>
<b>Max Cheese Sticks</b> <b>Marinara Sauce</b> <b>Baby Carrots</b> <b>Fresh Fruit</b> <b>Milk</b>	<b>Round Table Pizza</b> <b>Salad Cup</b> <b>Fresh Fruit</b> <b>Milk</b>	<b>Chicken Patty on a Bun</b> <b>Baby Carrots</b> <b>Fresh Fruit</b> <b>Milk</b>	<b>Weinerschnitzel Chilli</b> <b>Cheese Dog</b> <b>Celery</b> <b>Fresh Fruit</b> <b>Milk</b>	<b>Fish Sticks</b> <b>Tarter Sauce</b> <b>Salad Cup</b> <b>Fresh Fruit</b> <b>Milk</b>
<b>Subway</b> <b>Baby Carrots</b> <b>Fresh Fruit</b> <b>Milk</b>	<b>Brunch-4-Lunch</b> <b>French Toast</b> <b>Sausage</b> <b>Fresh Fruit</b> <b>Milk</b>	<b>Chimichanga</b> <b>Baby Carrots</b> <b>Fresh Fruit</b> <b>Milk</b>	<b>Chicken Taquitos</b> <b>Celery</b> <b>Fresh Fruit</b> <b>Milk</b>	<b>Bean N Cheese Burrito</b> <b>Salad Cup</b> <b>Fresh Fruit</b> <b>Milk</b>
<b>Presidents Day</b>  <b>No School</b>	<b>Mac N Cheese</b> <b>Salad Cup</b> <b>Fresh Fruit</b> <b>Milk</b>	<b>Corn Dog</b> <b>Baby Carrots</b> <b>Fresh Fruit</b> <b>Milk</b>	<b>Hamburger</b> <b>Pickles N Lettuce</b> <b>Fresh Fruit</b> <b>Milk</b>	<b>Grilled Cheese</b> <b>Salad Cup</b> <b>Fresh Fruit</b> <b>Milk</b>
<b>Spaghetti</b> <b>Salad Cup</b> <b>Fruit Cup</b> <b>Milk</b>	<b>Round Table Pizza</b> <b>Salad Cup</b> <b>Fresh Fruit</b> <b>Milk</b>	<b>Brunch-4-Lunch</b> <b>Mini Pancakes</b> <b>Sausage</b> <b>Fresh Fruit</b> <b>Milk</b>		

## NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.<sup>1</sup>
- 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.<sup>2</sup>
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

## School Information:

- Type your school information here.