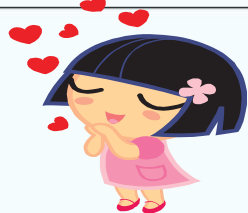


LUNCH

FEBRUARY 2012

MATES ACADEMY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cafeteria Rules:</p> <ul style="list-style-type: none"> • Please have your I.D. cards at all times • No negative charging or balances • Food=health and concentration...Eat lunch!! 		<p>Stir Fry Chicken over Rice (OR) <i>Zesty Bean/Cheddar with Rice</i></p> <p>1 Vegetable du jour</p>	<p>Baked Mac & Cheese w/ Ham (OR) <i>Southwest Mac/Cheese (salsa, onion & bean)</i></p> <p>2 Vegetable du jour</p>	<p>Stromboli Bake ("Pizza" casserole with pepperoni, cheese and sauce) (OR) <i>Mozzarella Sticks w/roll</i></p> <p>3 Vegetable du jour</p>
<p>Chicken Patty Parmesan on Whole wheat bun (OR) <i>Pasta with Marinara Sauce Cucumber/bean salad</i></p> <p>6 Vegetable du jour</p>	<p>Country scramble (egg, sausage ,cheddar and potatoes) w/bread (OR) <i>French Toast w/ Roasted Walnut topping</i></p> <p>7 Vegetable du jour</p>	<p>Baked Penne with Meat Sauce (OR) <i>Green Bean Casserole with Crispy Onion & Cheese</i></p> <p>8 Vegetable du jour</p>	<p>Open Faced Hot Turkey on Whole wheat Bread (OR) <i>Mozzarella Sticks w/ roll</i></p> <p>9 Vegetable du jour</p>	<p>French Bread Pizza</p> <p>Vegetable du jour & Cucumber & Bean Salad</p> <p>10</p>
<p>Baked Breaded Chicken Tenders w/bread (OR) <i>Egg & Cheese on Whole Wheat Bun</i></p> <p>13 Vegetable du jour</p>	<p>Beef Tacos (OR) <i>Cajun style Rice (w/ spices , tomato and onion)</i></p> <p>14 Vegetable du jour</p>	<p>Pasta w/ chicken, spinach & beans (OR) <i>Pasta Alfredo -light cheese sauce& cheddar topping</i></p> <p>15 Three Bean Salad</p>	<p>Pizza</p> <p>Vegetable du jour</p> <p>16</p>	<p>PRESIDENT'S WEEKEND</p> <p>ENJOY!!</p> <p>17</p>
<p>PRESIDENT'S WEEKEND</p> <p>ENJOY!!</p> <p>20</p>	<p>California Cheese Burger (lettuce, tomato & onion) (OR) <i>Bean Dip with Nachos</i></p> <p>21 Vegetable du jour</p>	<p>Hot Turkey with Mashed Potatoes w/bread (OR) <i>Sweet Potato, apple and walnut bake</i></p> <p>22 Vegetable du jour</p>	<p>Egg, Sausage & Cheese on Whole Wheat Bun (OR) <i>Pasta with Garlic/ Bean Sauce</i></p> <p>23 Vegetable du jour</p>	<p>Cheese Pizza</p> <p>Vegetable du jour cucumber bean salad</p> <p>24</p>
<p>Chicken Fingers w/bread (OR) <i>Potatoes au gratin</i></p> <p>27 Cucumber/bean salad</p>	<p>Southwest style Lasagna (Tortillas with layers of beef, cheese and salsa) (OR) <i>Rice & beans</i></p> <p>28 Vegetable du jour</p>	<p>Chicken Patty Sandwich (OR) <i>French Toast w/ Sweet Roasted Walnuts</i></p> <p>29 Vegetable du jour</p>		<p>Guide: BOLD= REGULAR MEAL ITALICS= MEATLESS OPTION MEAL</p>
<p>AVAILABLE DAILY WITH MEALS: Assorted Fresh and chilled fruit, Low fat or skim milk (bread basket offered with all meals)</p> <p><u>Ala carte items@ \$2.50:</u> Asst. Sandwiches (Turkey& Cheese, Ham & Cheese, Tuna, Egg Salad)</p> <p>Garden salad w/Egg, Cheese and Tomato- Chicken Caesar Salad w/Grilled or Breaded Chicken and Cheese (Salad includes bread or dinner roll)</p> <p>**** Add Milk, Fruit and/or Vegetable to any Ala Carte Item = \$3.00 and is considered a full meal</p>				