

**Lunch Meal Prices:**

K-4 \$2.40    5-12 \$2.50  
 Reduced \$.40  
 Alacarte Milk .35  
 Adult \$3.80



**Brainerd ISD #181**

**February 2012**

Menu Subject to Change

**Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>♦♦ Sandwich/Wrap fixings include: tomatoes, onions, pickles, lettuce, and cheese.</p>		<p><b>1</b>                      Grilled Cheese                      Tomato Soup                      Fresh Veggies w/                      Dip                      Banana</p>	<p><b>2</b>                      Sloppy Joe/Bun                      Potato Rounds                      Baked Beans                      Strawberries</p>	<p><b>3</b>                      Chicken Fajita / Wrap                      Spanish Rice                      Churro Stick                      Grapes</p>
<p><b>6</b>                      Cheese Filled                      Breadstick                      Dipping Sauce                      Waffle Potatoes                      Orange Wedges</p>	<p><b>7</b>                      Orange Chicken                      White Rice                      Broccoli                      Pineapple Chunks                      Smore</p>	<p><b>8</b>                      Chef Salad                      Grapes                      Bread Stick</p>	<p><b>9</b>                      Macaroni &amp; Cheese                      Shrimp Poppers                      Creamy Cole Slaw                      Apple</p>	<p><b>10</b>                      Baked Chicken                      Baby Baked Potatoes                      Garlic Cheese Biscuit                      Fresh Veggies w/ Dip</p>
<p><b>13</b>                      Mini Corn Dogs                      Tri Taters                      Diced Pears</p>	<p><b>14 Valentine's Day</b>                      Breaded Chicken                      Sandwich                      Vegetable Beef Soup                      Fresh Veggies w/ Dip                      Apple                      Heart Shaped Cookie</p>	<p><b>15</b>                      Hamburger/Bun                      Oven Fries                      Grapes                      Ice Cream Treat</p>	<p><b>16</b>                      Taco Salad                      Whole Wheat Pretzel                      Corn                      Pineapple Chunks</p>	<p><b>17</b>                      Sub Sandwich                      Fresh Veggies w/ Dip                      Sun Chips                      Strawberries</p>
<p><b>20</b>                      Chicken Tenders                      White/Wild Rice Blend                      Corn                      Apple                      Blueberry Bread</p> <p><b>President's Day</b></p>	<p><b>21</b>                      French Toast Sticks                      Sausage Link                      Applesauce                      Yogurt                      Juice</p>	<p><b>22</b>                      Cheese Pizza                      Salad w/Dressing                      Orange Wedges</p>	<p><b>23</b>                      Chicken Noodle Soup                      Deli Turkey Sandwich                      Fresh Veggies w/ Dip                      Diced Peaches</p>	<p><b>24</b>                      Fish Cod Nuggets                      Baked Potato                      Creamy Cole Slaw                      Garlic Toast                      Kiwi</p>
<p><b>27</b>                      Beef &amp; Cheese                      Chalupa                      Spanish Rice                      Corn                      Fruit Ice Juicee</p>	<p><b>28</b>                      Warrior Sandwich                      Potato Rounds                      Green Beans                      Fruit Gushers</p>	<p><b>29</b>                      Chicken Nuggets                      Wedge Potatoes                      Fresh Veggies w/                      Dip                      Bread Stick</p>		<p>Lunch is served with choice of milk: white or chocolate skim, or white 1%. Lactose free shall be made available upon written request from physician/parent/guardian.</p>

**Tips for healthy eating**

Fruits and vegetables should be part of your healthy eating plan. In case you've missed it, here's the drill:  
 Fruits and vegetables are high in nutrients and low in calories, making them a great addition to any meal and ideal for snacking. They're also good sources of fiber — so they fill you up without adding a ton of calories.



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**Two tips to promote healthy childhood eating**

- \* **Have regular family meals.** Knowing dinner is served at approximately the same time every night and that the entire family will be sitting down together is comforting and enhances appetite. Breakfast is another great time for a family meal, especially since kids who eat breakfast tend to do better in school.
- \* **Cook more meals at home.** Eating home cooked meals is healthier for the whole family and sets a great example for kids about the importance of food. Restaurant meals tend to have more fat, sugar, and salt. Save dining out for special occasions.