

NUTRIKIDS
 Bethlehem Central School District
 February 2012
 Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Nuggets WW Fish Nuggets Mac & Cheese BCSD Seasoned Carrots MILK - Variety PB &J on WW V*Vegi Pita Pizza	2 Dos Tacos with Beef Fish Tacos Lettuce & Tomato Cheese-SourCrm-Sals Seasoned Black Beans Spanish Rice Asst Fresh Fruit MILK - Variety PB &J on WW V*Bean-Chs Burrito	3 Thick Crust Round Cheese Blend Pepperoni Slices Tossed Salad Asst Fresh Fruit MILK - Variety PB &J on WW Filet-O-BC Fishwich
6 Beef Burger WW Bun Bacon and Cheese Lettuce & Tomato Sweet Potato Wedges Asst Fresh Fruit MILK - Variety PB &J on WW V*Vegi Burger	7 Spaghetti & Meat Sc. Bosco Cheese Sticks Tossed Salad Asst Fresh Fruit MILK - Variety PB &J on WW V*Vegetable Pasta	8 Popcorn Chicken Sweet & Sour Sauce Fried Rice Stir Fry Broccoli Fourtune Cookie MILK - Variety PB &J on WW V*Hummus Plate	9 Burrito Bomber Day	10 French Bread Pizza Cheese Blend Buffalo Chix Style Macaroni Salad Asst Fresh Fruit MILK - Variety PB &J on WW Filet-O-BC Fishwich
13 Grilled Beef Hot Dog Sausage & Peppers Cheese Dog Sauce Seasoned Corn Potato Puffs Asst Fresh Fruit MILK - Variety PB &J on WW V*Hot Pocket Ital	14 Grilled Cheese on WW Goldfish Cheddar Tomato Soup Carrots & Dip Asst Fresh Fruit MILK - Variety PB &J on WW Gril Ham & Cheese	15 Chicken Patty Sand Buffalo FishSandwich Lettuce & Tomato Steak Fries Parmesan Vegetable Medly Asst Fresh Fruit MILK - Variety PB &J on WW V*Broccoli Pita Pizza	16 Subway Day	17 Thick Crust Round Cheese Blend Sausage Topping Tossed Salad Asst Fresh Fruit MILK - Variety PB &J on WW Filet-O-BC Fishwich
20 President's Day	21 February Recess	22 February Recess	23 February Recess	24 February Recess
27 Beef Burger WW Bun Bacon and Cheese Lettuce & Tomato Sweet Potato Wedges Asst Fresh Fruit MILK - Variety PB &J on WW V*Vegi Burger	28 Taco Salad w/Beef Fish Tacos Lettuce & Tomato Cheese-SourCrm-Sals Seasoned Black Beans Spanish Rice Asst Fresh Fruit MILK - Variety PB &J on WW V*Bean-Chs Burrito	29 Chicken Nuggets WW Fish Nuggets Mac & Cheese BCSD Steamed Broccoli Asst Fresh Fruit MILK - Variety PB &J on WW V*Vegi Pita Pizza		

Full Lunch Price is \$3.25 and Reduced is \$.25
 Breakfast is also available daily for \$2.25 and Reduced \$.25

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.
 * - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.