

LUNCH FEBRUARY 2012

Northridge Middle & High Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk served with each breakfast and lunch. (CARBS)</p> <p>1% white milk (13) FF chocolate milk (24) FF strawberry milk (23)</p>	<p>Menu item (carbs)</p> <p>updated: 18 January 2012</p>	<p>1</p> <p>French Toast Sticks (45) Sausage Links (0) Sugar Free Syrup (0) Hash Brown (2) OJ (14)</p>	<p>2</p> <p>Fish Sandwich (43) Baked Beans (31) Pineapple Tidbits (12)</p>	<p>3</p> <p>Spicy Chicken Tenders (12) Sweet Potato Apple Bake (28) Green Beans (5)</p>
<p>6</p> <p>Tomato Soup (20) w/ Crackers (5)/pack Toasted Cheese Sandwich (24) Apple (22)</p>	<p>7</p> <p>Spaghetti (50) Tossed Salad (4) w/ Dressing (0) Fruit Punch (14) Wheat Roll (16) w/ Margarine (0)</p>	<p>8</p> <p>Tangerine Chicken (27) over Rice (27) Green Beans (4) Diced Peaches (20)</p>	<p>9</p> <p>Tacos, soft (32) or Walking (20) Chips (33) & Salsa (8) Raspberry Sherbet (24)</p>	<p>10</p> <p>Peppered Popcorn Chicken (12) Mashed Potatoes (74) Apricots (20)</p>
<p>13</p> <p>Hotdog (25) Baked Beans (31) Blue Raspberry-Lemon Sidekick (20)</p>	<p>14</p> <p>Rib-b-Q Sandwich (39) Apple Sauce (20) Orange Glazed Sweet Potatoes (38)</p>	<p>15</p> <p>New Orleans Chicken (15) over Rice (27) Fresh Broccoli (2) w/ Dip (0) Mandarin Oranges (20)</p>	<p>16</p> <p>Cheeseburger (29) Grape Shape Up (15) Potato Smiles ((20)</p>	<p>17</p> <p>NO SCHOOL</p>
<p>20</p> <p>NO SCHOOL</p>	<p>21</p> <p>Bosco Sticks (54) <small>Cheese Filled Bread Sticks</small> Marinara Sauce (5) Green Beans (2) Apple Sauce (20)</p>	<p>22</p> <p>MANAGER'S CHOICE Menu will be posted by Thursday 2/16/12 in the café....offered items may vary throughout the day</p>	<p>23</p> <p>Chicken Quesadilla (35) Orange Wedges (21) Chips (33) & Black Bean Salsa (18)</p>	<p>24</p> <p>Turkey Sandwich (28) Cheesy Mashed Potatoes (74) Green Beans (4)</p>
<p>27</p> <p>Chili (23) w/ Crackers (5)/pack Peanut Butter Sandwich (24) Strawberry Kiwi Side Kick (20)</p>	<p>28</p> <p>Stuffed Crust Pepperoni Pizza (49) Tossed Salad (4) w/ Dressing (0) Green Beans (5)</p>	<p>29</p> <p>Chicken Fajita Salad (24) Corn (16) Cherry Shape-Up (15)</p>		<p>BREAKFAST IS SERVED DAILY BEFORE SCHOOL IN THE CAFETERIA!</p> <p>1 hour delay: breakfast served 2 hour delay: NO breakfast</p>

NUTRITION TIP: Benefits of Vitamin D

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

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