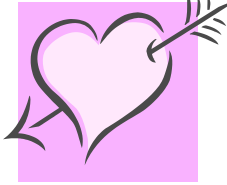


Binghamton City Elementary Schools & Broome County Catholic Schools

February 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast at Lunch Mini Pancakes Sausage* Hash Brown Fresh Banana 100% Fruit Juice Low Fat Milk	Fruit & Yogurt Parfait Soft Pretzel Mozzarella Cheese Stick Baby Carrots Low Fat Milk	Super Bowl Day Homemade Pizza Chicken Wings Garden Salad w/Chickpeas Assorted Fresh Fruit 100% Fruit Juice Low Fat Milk
Chicken Patty on a Bun Oven Baked Fries California Blend Vegetables Applesauce Low Fat Milk	Meatball Sub Tossed Green Salad Chilled Pineapple Low Fat Milk	Grilled Cheese Sandwich Tomato Soup Baby Carrots Fresh Apple Low Fat Milk	Chicken Alfredo Pasta Wheat Dinner Roll Steamed Broccoli Chilled Mixed Fruit Low Fat Milk	Pizza Sticks w/Dipping Sauce Garden Salad w/Chickpeas Assorted Fresh Fruit 100% Fruit Juice Low Fat Milk
Hamburger on a Bun Oven Roasted Potatoes Green Beans Fresh Apple Low Fat Milk	Tacos on a Shell Brown Rice Corn Chilled Mixed Fruit Low Fat Milk	Fruit & Yogurt Munchable (Fresh Fruit, Baby Carrots, Yogurt, Mozzarella String Cheese, ½ UBR, Dinner Roll) Low Fat Milk	Pasta w/Meat Sauce Italian Bread Green Salad Chilled Peaches Low Fat Milk	Stuffed Crust Pizza Garden Salad w/Chickpeas Assorted Fresh Fruit 100% Fruit Juice Low Fat Milk
Heart Healthy Week	Heart Healthy Week	Heart Healthy Week	Heart Healthy Week	Heart Healthy Week
No School - President's Day	Grilled Chicken Sandwich Sweet Potato Coins Broccoli Applesauce Low Fat Milk	Fish Sticks Wheat Dinner Roll Oven Roasted Potatoes Green Peas Fresh Orange Low Fat Milk	Indoor Picnic Hot Dog on a Bun Baked Beans Baby Carrots Sherbet Cup Low Fat Milk	Homemade Pizza or Fish Sandwich Garden Salad w/Chickpeas Assorted Fresh Fruit 100% Fruit Juice Low Fat Milk
Chicken Nuggets Wheat Dinner Roll Mashed Potatoes Fresh Broccoli w/Dip Chilled Mixed Fruit Low Fat Milk	Cheeseburger Rice Bowl Wheat Dinner Roll Baby Carrots Fresh Kiwi Low Fat Milk	Breakfast at Lunch French Toast Sticks Sausage* Hash Brown Fresh Banana 100% Fruit Juice Low Fat Milk		




It's Super Bowl Time!

Fuel up with Rock on Café,
Friday, February 3rd in celebration!

Menu:
100% Fruit Juice
Homemade Pizza
Chicken Wings
Garden Salad with
Chickpeas
Assorted Fresh Fruit
Low Fat Milk




**Alternative Sandwiches available daily to
replace the entrée:**

Monday – Turkey **Thursday** – Bologna
Tuesday – Ham **Friday** – Tuna
Wednesday – Turkey
Peanut Butter & Jelly available daily

“Rock On” Alternative Choice:

2/01 – 2/03: Chef Salad
2/06 – 2/10: Fajita Chicken Salad
2/13 – 2/17: Hummus Munchable
2/20 – 2/24: Turkey Bacon Ranch Salad
2/27 – 2/29: Poppers Salad

Now you can pay for your meals on-line. Visit our new website: www.bcsdfs.org

* - Shaded Boxes –
Food item that contains pork.

Lunch – \$1.95 Catholic School - \$2.20 Student Milk - \$.55 Ice Cream - \$.65
1%, Skim, ½ Low Fat Choc., Fresh Fruit and/or Juice offered daily. *Menu subject to change without notice.*
Assorted Fresh Fruit & Whole Wheat Dinner Roll Available Daily