

CHEYENNE WELLS SCHOOL  
 FEBRUARY 2012 BREAKFAST MENU  
 (SUBJECT TO CHANGE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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CHEYENNE WELLS SCHOOL  
 FEBRUARY 2012 LUNCH MENU  
 (SUBJECT TO CHANGE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Do Your Part</b>  <b>Exercise, Eat Right            Take Care of Your Heart!</b>		<b>1</b> <b>Double Decker Taco</b> <b>Lettuce /Cheese</b> <b>Fruit</b> <b>Cinnamon Bread</b> <b>Milk</b>	<b>2</b> <b>Chicken and Noodles</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Hot Wheat Roll</b> <b>Cherry or Apple Crisp</b> <b>Milk</b>	<b>3</b> <b>Ham and Cheese on</b> <b>Homemade Wheat Bun</b> <b>Tri Taters</b> <b>Carrots Sticks</b> <b>Fruit</b> <b>Chocolate Pudding</b> <b>Milk</b>
<b>6</b> <b>Pepperoni Dipsticks</b> <b>Lettuce Salad</b> <b>Fruit</b> <b>Milk</b>	<b>7</b> <b>BBQ Pork on Bun</b> <b>Baked Beans</b> <b>Potato Chips</b> <b>Fruit</b> <b>Milk</b>	<b>8</b> <b>Chili / Crackers</b> <b>Breadsticks</b> <b>Carrot Sticks</b> <b>Fruit</b> <b>Milk</b>	<b>9</b> <b>Business Persons Lunch</b> <b>Turkey</b> <b>Mashed Potatoes/ Gravy</b> <b>Stuffing</b> <b>Green Beans</b> <b>Hot Roll</b> <b>Cherry Cheesecake</b> <b>Milk</b>	<b>10</b> <b>Chicken Fajita</b> <b>Veggies</b> <b>Spanish Rice</b> <b>Corn</b> <b>Milk</b>
<b>13</b> <b>Spaghetti w/ Meat-sauce</b> <b>Lettuce Salad</b> <b>Green Beans</b> <b>Garlic Bread</b> <b>Chocolate Cake</b> <b>Milk</b>	<b>14</b> <b>Chicken Fried Steak</b> <b>Mashed Potatoes/</b> <b>Gravy</b> <b>Corn</b> <b>Jell-o w/ Fruit</b> <b>Milk</b>	<b>15</b> <b>Pigs in Blanket</b> <b>Baked Beans</b> <b>Carrot Sticks</b> <b>Fruit</b> <b>Chocolate Pudding</b> <b>Milk</b>	<b>16</b> <b>BBQ Chicken Breast</b> <b>Baked Potatoes</b> <b>California Blend Vegetable</b> <b>Assorted Muffins</b> <b>Pineapple Tidbits</b> <b>Milk</b>	<b>17</b> <b>Super Nachos</b> <b>Lettuce Salad</b> <b>Fruit</b> <b>Cinnamon Bread</b> <b>Milk</b>
<b>20</b> <b>PRESIDENTS DAY</b>  School lunch Established in 1946 signed by President Harry Truman.	<b>21</b> <b>Bacon Cheeseburger</b> <b>French Fries</b> <b>Fruit</b> <b>Milk</b>	<b>22</b> <b>Fish Sticks</b> <b>Macaroni and Cheese</b> <b>Peas</b> <b>Lettuce Salad</b> <b>Strawberry Shortcake</b> <b>Milk</b>	<b>23</b> <b>Smothered Burrito</b> <b>Lettuce/Cheese</b> <b>Spanish Rice</b> <b>Fruit</b> <b>Milk</b>	<b>24</b> <b>Grilled Cheese</b> <b>Tomato Soup</b> <b>w/ Carrot Sticks</b> <b>Crackers</b> <b>Fruit</b> <b>No-Bake Cookie</b> <b>Milk</b>
<b>27</b> <b>No School for Elementary</b> <b>Calzones</b> <b>Lettuce Salad</b> <b>Fruit</b> <b>Milk</b>	<b>28</b> <b>Chicken Pot Pie</b> <b>Biscuits</b> <b>Lettuce Salad</b> <b>Pineapple Tidbits</b> <b>Apple or Cherry Crisp</b> <b>Milk</b>	<b>29</b> <b>Matadors</b> <b>Lettuce Salad</b> <b>Fruit</b> <b>Milk</b>	<b>Fruit is .....</b>  <b>Love at first Bite</b>	Fruits and Vegetables  My goal is to eat five a day!