

REDSKINS' CAFÉ
BREAKFAST MENU FEBRUARY 2010



**A CHOICE OF JUICE OR FRESH FRUIT AND MILK IN A VARIETY OF FLAVORS IS OFFERED DAILY.
 MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.**

1 CHOICE OF: Sausage, Chicken , or Cheese Biscuit OR Ham & Cheese Croissant OR Cereal w/ Pop Tart	2 CHOICE OF: Chicken, Ham, or Plain Biscuit OR WW Pancakes & Sausage OR Cereal w/ Blueberry Muffin	3 CHOICE OF: Sausage, Chicken , or Cheese Biscuit OR Ham & Cheese Croissant OR Cereal w/Cream Cheese Bagel	4 CHOICE OF: Chicken, Ham, or Plain Biscuit OR Breakfast Bagel OR Cereal w/Toast & Jelly	5 CHOICE OF: Sausage, Chicken , or Cheese Biscuit OR Ham & Cheese Croissant Buttered Grits OR Cereal w/Pop Tart
8 CHOICE OF: Chicken, Ham, or Plain Biscuit OR WW Pancakes & Sausage OR Cereal w/ Blueberry Muffin	9 CHOICE OF: Sausage, Chicken , or Cheese Biscuit OR Ham & Cheese Croissant OR Cereal w/ Pop Tart	10 CHOICE OF: Chicken, Ham, or Plain Biscuit OR Pancakes & Sausage/Stick OR Cereal w/Toast & Jelly	11 CHOICE OF: Sausage, Chicken , or Cheese Biscuit OR Ham & Cheese Croissant Buttered Grits OR Cereal w/Pop Tart	12 STUDENT HOLIDAY
15 HOLIDAY PRESIDENT'S DAY	16 Fruit Cereal w/ Blueberry Muffin	17 Fruit Juice Cereal w/Pop Tart	18 Fruit Cereal w/ Blueberry Muffin	19
Intersession Week				
22 CHOICE OF: Sausage, Chicken , or Cheese Biscuit OR Ham & Cheese Croissant OR Cereal w/ Pop Tart	23 CHOICE OF: Chicken, Ham, or Plain Biscuit OR Waffles & Sausage OR Cereal w/ Blueberry Muffin	24 CHOICE OF: Sausage, Chicken , or Cheese Biscuit OR Ham & Cheese Croissant OR Cereal w/Cream Cheese Bagel	25 CHOICE OF: Chicken, Ham, or Plain Biscuit OR Biscuit/Country Gravy OR Cereal w/Toast & Jelly	26 CHOICE OF: Sausage, Chicken , or Cheese Biscuit OR Ham & Cheese Croissant Buttered Grits OR Cereal w/Pop Tart

In the operation of child nutrition programs, no child will be discriminated against because of race, creed, sex, color, age, national origin or disability. If you believe you have been discriminated against, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 call (800) 795-3272.



Fruits and Vegetables: Five a Day for Better Health!

REDSKINS' CAFÉ

LUNCH MENU **FEBRUARY 2010**


A VARIETY OF FLAVORS OF MILK IS OFFERED DAILY. MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Pre Packaged Salads served Daily:

Choices for salads are: Monday, Wednesday and Friday: Tuna, Chicken, Yogurt, Cheese, or PNB/Jelly Sandwich.

Tuesday and Thursday: Turkey, Ham, Yogurt or Chicken.

Select ONE of the two entrée items and select any of the side items. A reimbursable meal must contain at least three food items.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Steak Nuggets Chicken Patty Pasta Salad Green Beans Creamed Potatoes Dinner Roll Fresh Fruit Apricots 1	Turkey & Cheese Sandwich Spaghetti/Meat sauce Garlic Toast Tossed Salad Baked Potato Steamed Broccoli Chilled Peaches Chocolate Pudding 2	Brunswick Stew Cheese Pizza Corn on the Cob Coleslaw Whole Dill Pickle Bread Slices Chilled Peaches Gelatin w/Pineapple Rice Krispie Treat 3	Deli sandwich/Wheat Grilled Chicken/Bun Sliced Pickles Steamed Carrots Buttered Corn Pretzels Fresh Fruit Royal Brownie 4	Hamburger/Bun BBQ Pork/Bun Lettuce/Tomato Oven Fries Baked Beans Veggies and Dip Fresh Fruit Juice Bar 5
Grilled Cheese Sandwich PB&J Sandwich Chicken Noodle Soup Peas & Carrots Cucumber Slices Cookie Juice Bar Chilled Peaches 8	Chicken Parmesan Meatloaf Steamed Pasta Lima Beans Green Beans Breadstick Chilled Peaches Sherbet 9	Turkey/ Cheese Quesadilla Corndog Sun Chips Whole Pickle Baked Beans PNB Bar Chilled Peaches Fresh Fruit 10	Pepperoni Pizza Sub Sandwich Buttered Corn Celery Sticks w/PNB Garden Salad Pineapple Tidbits Cherry Pie 11	Student Holiday 12
PRESIDENT'S DAY HOLIDAY  <i>Lincoln</i> 15	Ham and Cheese Sandwich Lettuce / Tomato Carrot Sticks Sun Chips Cookies Juice Bar 16	Turkey and Cheese Sandwich Pickle Wedge Celery Sticks Pretzels Snack Cake Fresh Fruit 17	Ham and Cheese Sandwich Lettuce / Tomato Carrot Sticks Sun Chips Cookies Applesauce 18	No School 19
Intersession Week				
Spicy Chicken/Bun BBQ Pork/Bun Potato Tots Coleslaw Fresh Veggies Fresh Fruit Fruit Cocktail 22	Chicken Stir Fry Roast Beef in Gravy Steamed Rice Oriental Vegetables Green Beans Fortune Cookie Dinner Roll Mandarin Oranges Strawberries 23	Fish Nuggets Chicken Tenders Field Peas Turnip Greens Macaroni and Cheese Hush Puppies Fresh Fruit Apricots 24	Chili with Beans Shrimp Poppers Saltines Carrots Sticks Coleslaw Cinnamon Roll Chilled Peaches Applesauce 25	Pepperoni Pizza Hot Wings Buttered Corn Cucumber Slices Steamed Broccoli Pudding Fresh Fruit Juice Bar 26

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