

North Lakes

MENU

February

→→→→→ LUNCH

LUNCH PRICES: Student - \$3.25, Red
Extra Entrée & Side - \$1.00, Adult

SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONTENT)

Fresh Green **Salad** (1 per meal) - Leafy Lettuce Blend, Caesar, Spinach Mix, **OR** Oriental (1/2 cup = 15 calories, 3 g carb

Low Fat Dressing/Dip (2 T = 45 cal, 5 g fat)

Fresh **Veggies** (1-2 per meal) - Carrots, Celery, Broccoli, Cauliflower, Cucumber, **OR** Tomatoes (1/4 c = 15 cal, 3 g

Fresh **Fruit** (1-2 per meal) - Apple, Orange, Banana, Cantalope, Grapes, **OR** Watermelon (1/2 c = 60 cal, 15

Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1-Feb	2-Feb	3-Feb	4-Feb
Philly Cheesesteak Potato Wedges Salad, Veggies, Fruit, Milk	Cheesy Breadsticks w/Marinara Sauce Salad, Veggies, Fruit, Milk	Italian Chicken Sandwich Pasta Salad Salad, Veggies, Fruit, Milk	Vegetable Beef Stew Southern Biscuit Salad, Veggies, Fruit, Milk
8-Feb	9-Feb	10-Feb	11-Feb
Beef Gyro on Pita Bread Rice Pilaf Salad, Veggies, Fruit, Milk	BBQ Chicken Sandwich Baked Beans Veggies, Fruit, Milk	Spaghetti w/Meatsauce French Bread Salad, Veggies, Fruit, Milk	Multi-cheese Pita Melt Soft Breadstick Salad, Veggies, Fruit, Milk
15-Feb	16-Feb	17-Feb	18-Feb
NO SCHOOL TODAY	Turkey & Cheese Stuffed Baked Potato & Roll Salad, Veggies, Fruit, Milk	Macaroni & Cheese Garlic Breadstick Salad, Veggies, Fruit, Milk	Chicken Fajita Wrap Latin Rice Pilaf Salad, Veggies, Fruit, Milk
22-Feb	23-Feb	24-Feb	25-Feb
Beef & Cheese Nachos Refried Beans Salad, Veggies, Fruit, Milk	Grilled Cheese Sandwich Tomato Soup Salad, Veggies, Fruit, Milk	Beef Stroganoff w/Egg Noodles Salad, Veggies, Fruit, Milk	Chicken Quesadilla Spanish Rice Salad, Veggies, Fruit, Milk

QUESTIONS?

CONTACT THE SCHOOL OFFICE @ 651-982-2773 or

DONE RIGHT FOOD @ 651-702-5998 or

www.donerightfood.com

Done Right Food
School & Event Catering Services

ALL MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS

Note: Menus may use ingredients that contain peanut, other nut/seed, milk, egg, soybean, and other products.

February 2010

Reduced - \$.40,

• - \$3.50

FRIDAY

(hydrate, 1 g protein)

(g carb, 1 g pro)

(g carb)

FRIDAY

5-Feb

Teriyaki Chicken Legs
Mashed Potatoes & Roll
Salad, Veggies, Fruit, Milk

12-Feb

Soft Shell Beef Taco
Mexican Rice
Salad, Veggies, Fruit, Milk

19-Feb

Swedish Meatballs
Mashed Potatoes & Roll
Salad, Veggies, Fruit, Milk

26-Feb

BBQ Beef Sandwich
Roasted Potatoes
Salad, Veggies, Fruit, Milk



ducts.