

North Lakes

MENU

January 2010

→→→→→ LUNCH

LUNCH PRICES: Student - \$3.25, Reduced - \$.40,
Extra Entrée & Side - \$1.00, Adult - \$3.50

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 carbohydrate, 1 g protein)
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 carb, 1 g pro)
Fresh **Fruit** (1-2 per meal) - Apple, Orange, Banana, Cantalope, Grapes, **OR** Watermelon (1/2 c = 60 cal, 15 g carb)
Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>4-Jan</i>	<i>5-Jan</i>	<i>6-Jan</i>	<i>7-Jan</i>	<i>8-Jan</i>
Beef Gyro on Pita Bread Rice Pilaf Salad, Veggies, Fruit, Milk	BBQ Chicken Legs Mashed Potatoes & Roll Salad, Veggies, Fruit, Milk	Spaghetti w/Meat Sauce French Bread Salad, Veggies, Fruit, Milk	Multi-cheese Pita Melt Soft Breadstick Salad, Veggies, Fruit, Milk	Philly Cheesesteak Potato Wedges Salad, Veggies, Fruit, Milk
<i>11-Jan</i>	<i>12-Jan</i>	<i>13-Jan</i>	<i>14-Jan</i>	<i>15-Jan</i>
Italian Chicken Sandwich Pasta Salad Salad, Veggies, Fruit, Milk	Beef & Cheese Nachos Refried Beans Salad, Veggies, Fruit, Milk	Chicken Stir-Fry Asian Rice Salad, Veggies, Fruit, Milk	Meatball Hoagie Roasted Potatoes Salad, Veggies, Fruit, Milk	Macaroni & Cheese Vegetable Soup Salad, Veggies, Fruit, Milk
<i>18-Jan</i>	<i>19-Jan</i>	<i>20-Jan</i>	<i>21-Jan</i>	<i>22-Jan</i>
NO SCHOOL TODAY	Soft Shell Beef Taco Mexican Rice Salad, Veggies, Fruit, Milk	BBQ Chicken Sandwich Baked Beans Salad, Veggies, Fruit, Milk	Cheesy Breadsticks w/Marinara Sauce Salad, Veggies, Fruit, Milk	Vegetable Beef Stew Wheat Roll Salad, Veggies, Fruit, Milk
<i>25-Jan</i>	<i>26-Jan</i>	<i>27-Jan</i>	<i>28-Jan</i>	<i>29-Jan</i>
NO SCHOOL TODAY	BBQ Beef Sandwich Potato Wedges Salad, Veggies, Fruit, Milk	White Chicken Chili Garlic Breadstick Salad, Veggies, Fruit, Milk	Grilled Cheese Sandwich Tomato Soup Salad, Veggies, Fruit, Milk	Beef & Cheese Stuffed Baked Potato Salad, Veggies, Fruit, Milk

QUESTIONS?

CONTACT THE SCHOOL OFFICE @ 651-982-2773 or
DONE RIGHT FOOD @ 651-702-5998 or
www.donerightfood.com

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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.