

Platter



ORANGE HIGH SCHOOLS FEBRUARY 2012



Extra! Extra!

Monday	Country Style Steak w/Gravy, Steamed Rice, Green Beans, Chilled Fruit, Fresh Fruit, Wheat Roll
Tuesday	Roasted Chicken, Mashed Potatoes, Winter Mix, Fresh Fruit, Fruit Cup, Wheat Roll
Wednesday	Turkey w/ Gravy, Steamed Rice, Peas and Carrots, Sweet Potatoes, Fresh Fruit, Fruit Cobbler, Wheat Roll
Thursday	Nachos, Broccoli, Refried Beans, Baby Carrots, Sweet Potato Tots, Fresh Fruit
Friday	Chicken BBQ, Steamed Cabbage, Sweet Potato Fries, Corn, Fruit Cup, Corn Muffin
	You choose.... An entrée, three sides (Vegetable, garden salad, assorted fruit, bread) and /or milk.

**Super Bowl XLVI Meal
February 3, 2012**
Hot Dogs w/ Toppings,
Baked Beans, California
Blend, Coleslaw, Fresh
Fruit

**Black History Month Meal
February 9, 2012**
Ham, Blackeye Peas, Seasoned
Collard Greens, Mixed Fruit, Fruit
Cobbler, Wheat Roll

MONDAY	Rib B Que Sandwich	Express
TUESDAY	Corndog Nuggets	
WEDNESDAY	Burrito	
THURSDAY	Chicken Nuggets	
FRIDAY	Manager's Choice	
	You choose.... An entrée, up to three sides (Vegetable, garden salad, assorted fruit, bread) and /or milk.	

Platter and Deli

MONDAY	Chicken Tenders
TUESDAY	Beef Teriyaki Bites
WEDNESDAY	Corndog
THURSDAY	Cheese Sticks
FRIDAY	Cheeseburger
	You choose.... An entrée, three sides (Vegetable, garden salad, assorted fruit, bread) and /or milk.

C.A.F.E. WEEK
Colors Assorted for Foods Everyday
February 13- February 17, 2012

MONDAY	Double Cheeseburger
TUESDAY	Red Baron Pizza*
WEDNESDAY	Buffalo Wings w/ Wheat Roll
THURSDAY	Chicken Chunks w/ Wheat Roll
Friday	Spicy Chicken Sandwich*

* These items cost \$2.50. They are a la carte.
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Ham or Turkey with Cheese Wraps and Deli Subs will be offered Daily
Salads are also available.

Breakfast Served Daily

\$1.30 Paid .00 Reduced .00 Free Adult A la Carte

Daily Entrée:

Monday Sausage w/ English Muffin
Tuesday Grits, Ham and Eggs
Wednesday Steak Biscuit
Thursday Egg and Cheese Biscuit
Friday Manager's Choice Breakfast

Available Daily:

Breakfast & Lunch
1% Milk (Unflavored)
Skim Milk
(Unflavored & Chocolate)

Breakfast Menu

Variety of cereal w/ toast, grits, oatmeal,
fresh fruit, 100% fruit juice and a variety of
milk may be offered daily.

Free and Reduced Applications are available! Additional Entrees will be offered daily.
Menu can change according to availability





C.A.F.É. WEEK
Colors Assorted for Foods Everyday
February 13- February 17, 2012

Monday- Green

Tuesday- Red

Wednesday- Yellow/White

Thursday- Purple

Friday- Orange

February

- CAFE Week
- Black History Month
- Valentine's Day
- Sweet Potato Month

Celebrate American Heart Month

February is American Heart Month, a time dedicated to raising awareness of the leading cause of death in the U.S. — cardiovascular disease.

This February, celebrate American Heart Month by learning more about a heart-healthy diet that includes foods:

- **Low in saturated and trans fats.** Saturated fats are found in some meats, dairy products, baked goods and deep-fried and processed foods. Trans fats are found in some fried and processed foods. Both types of fat raise your LDL or "bad" cholesterol level.
- **High in omega-3 fatty acids.** Foods high in omega-3s include fish and olive oil.
- **High in fiber,** whole grains, fruits and vegetables. A diet rich in these foods helps lower LDL cholesterol and provides nutrients that may help protect against heart disease.
- **Low in salt.** A low-salt diet can help manage blood pressure and help reduce the risk of heart disease and stroke.

Also, be sure to take part in at least thirty minutes of physical activity every day.



Now Available!

Sugar Free Jelly and Syrup available upon request.

Monday, February 13	Tuesday, February 14	Wednesday, February 15	Thursday, February 16	Friday, February 17
Breakfast Pizza 100% Apple Juice Chicken Nuggets Baked Fries Spinach Green Apple Wheat Roll C.A.F.E. Week	Bagel w/ Cream Cheese 100% Fruit Juice or Fresh Fruit Happy Valentine's Day New Orleans Chicken Steamed Rice Green Peas Red Apple Fruited Jello Wheat Roll	Sausage Biscuit 100% Fruit Juice Fish Portion Deli Roasters California Blend Banana Chilled Pears Corn Muffin	Chicken Biscuit 100% Fruit Juice or Fresh fruit BBQ Rib Sandwich Parsley Potatoes Turnip Greens Grapes Mixed Fruit	Grits, Ham and English Muffin 100% Fruit Juice Deli Turkey Wrap or Manager's Choice Glazed Carrots Sweet Potato Fries Garden Salad Orange