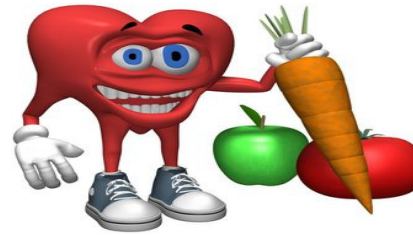


February 2012

West Laurens Middle

Variety of 1% or Skim Milk Offered Daily at Breakfast and Lunch

Variety of 100% Fruit Juice Offered Daily at Breakfast



February is American Heart Month...Protect your heart by eating colorful fruits and vegetables and by exercising! For more Heart-Healthy tips check out www.heart.org.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Entrée Choices Shown; Variety of Fruits and Vegetables Offered Daily</p>				
<p>6 Chicken Strips w/ Roll Cheese Pizza Ham & Cheese Salad</p> <p>Breakfast: Steak Biscuit or Cereal w/ Strawberry Poptart</p>	<p>7 Chili w/ Nachos & Cheese Pepperoni Pizza Hamburger Ham & Cheese Croissant Popcorn Chicken Salad</p> <p>Breakfast: Pancakes & Sausage or Cereal w/ Granola Bar</p>	<p>1 Chicken Fajita Wrap Cheese Pizza Mini-Burgers Ham & Cheese Sub Ham & Cheese Salad</p> <p>Breakfast: Ham & Cheese Biscuit or Cereal w/ Blueberry Muffin</p>	<p>2 Roast w/ Rice & Gravy & Roll Pepperoni Pizza Cheeseburger Corndog Popcorn Chicken Salad</p> <p>Breakfast: Breakfast Pizza or WW Breakfast Bun w/ Cheese stick</p>	<p>3 Hot Wings & Yeast Roll Cheese Pizza Ham & Cheese Wrap ToGo Plate</p> <p>Breakfast: Sausage Biscuit or Cereal w/ Blueberry Poptart</p>
<p>13 Chick Filet Sandwich Turkey & Cheese Sub Ham & Cheese Salad</p> <p>Breakfast: Chicken Biscuit or Cereal w/ Strawberry Poptart</p>	<p>14 Happy Valentine's Day! Chili w/ Grilled Cheese Pepperoni Pizza Hamburger Raider Rib Sandwich Popcorn Chicken Salad</p> <p>Breakfast: French Toast Sticks & Sausage or Cereal w/ Granola Bar</p>	<p>8 Breakfast Bar Cheese Pizza Chick Filet Sandwich Ham & Cheese Sub Ham & Cheese Salad</p> <p>Breakfast: Egg Scramble w/ Toast or Cereal w/ Blueberry Muffin</p>	<p>9 Vegetable Beef Soup w/ PBJ or Pimento Cheese Sandwich Pepperoni Pizza BBQ Sandwich Hotdog on WW Bun Chicken Fajita Salad</p> <p>Breakfast: Breakfast Pizza or WW Breakfast Bun w/ Cheese stick</p>	<p>10 Baked Chicken w/ Roll Pepperoni Pizza Cheeseburger Turkey & Cheese Sub Turkey & Cheese Salad</p> <p>Breakfast: Sausage Biscuit or Cereal w/ Blueberry Poptart</p>
<p>20 President's Day</p>	<p>21 Chili w/ Nachos & Cheese Pepperoni Pizza Hamburger Ham & Cheese Croissant Popcorn Chicken Salad</p> <p>Breakfast: Pancakes & Sausage or Cereal w/ Granola Bar</p>	<p>15 Chicken Fajita Wrap Cheese Pizza Mini-Burgers Ham & Cheese Sub Ham & Cheese Salad</p> <p>Breakfast: Ham & Cheese Biscuit or Cereal w/ Blueberry Muffin</p>	<p>16 Roast w/ Rice & Gravy & Roll Pepperoni Pizza Cheeseburger Corndog Popcorn Chicken Salad</p> <p>Breakfast: Breakfast Pizza or WW Breakfast Bun w/ Cheese stick</p>	<p>17 Hot Wings & Yeast Roll Cheese Pizza Ham & Cheese Wrap ToGo Plate</p> <p>Breakfast: Sausage Biscuit or Cereal w/ Blueberry Poptart</p>
<p>27 Chick Filet Sandwich Turkey & Cheese Sub Ham & Cheese Salad</p> <p>Breakfast: Chicken Biscuit or Cereal w/ Strawberry Poptart</p>	<p>28 Chili w/ Grilled Cheese Pepperoni Pizza Hamburger Raider Rib Sandwich Popcorn Chicken Salad</p> <p>Breakfast: French Toast Sticks & Sausage or Cereal w/ Granola Bar</p>	<p>22 Breakfast Bar Cheese Pizza Chick Filet Sandwich Ham & Cheese Sub Ham & Cheese Salad</p> <p>Breakfast: Egg Scramble w/ Toast or Cereal w/ Blueberry Muffin</p>	<p>23 Vegetable Beef Soup w/ PBJ or Pimento Cheese Sandwich Pepperoni Pizza BBQ Sandwich Hotdog on WW Bun Chicken Fajita Salad</p> <p>Breakfast: Breakfast Pizza or WW Breakfast Bun w/ Cheese stick</p>	<p>24 Baked Chicken w/ Roll Pepperoni Pizza Cheeseburger Turkey & Cheese Sub Turkey & Cheese Salad</p> <p>Breakfast: Sausage Biscuit or Cereal w/ Blueberry Poptart</p>
<p>29 Chicken Fajita Wrap Cheese Pizza Mini-Burgers Ham & Cheese Sub Ham & Cheese Salad</p> <p>Breakfast: Ham & Cheese Biscuit or Cereal w/ Blueberry Muffin</p>				

Menu subject to change due to USDA commodity deliveries

"This institution is an equal opportunity provider."