

FEBRUARY 2010

CRANBURY TOWNSHIP SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 1 Chicken Patty on a Bun or Hot Dog on a Bun Green Beans Fruit Cup Milk	2 Egg, Sausage & Cheese on a Bun or Cheeseburger on a Bun Hash Brown Fruit Cup Milk	3 Italian Hot Pocket Macaroni w/Sauce or Hot Dog on a Bun Fruit Cup Milk	4 Deli Turkey on a Roll or Cheeseburger on a Bun Veggie Sticks Bag of Chips Fruit Cup Milk	5 Dominos Pizza or Hot Dog on a Bun Garden Salad w/Low Fat Dressing Fruit Cup Milk
WEEK 2 8 Chicken Nuggets or Hot Dog on a Bun Sweet Peas Fruit Cup Milk	9 Corn Dog or Cheeseburger on a Bun Kernel Corn Fruit Cup Milk	10 Baked Chicken w/Dinner Roll or Hot Dog on a Bun Italian Green Beans Fruit Cup Milk	11 Personal Pan Pizza or Cheeseburger on a Bun Garden Salad Fruit Cup Milk	12 <p style="text-align: center;">No School Staff Workshop</p>
WEEK 3 15 <p style="text-align: center;">No School President's Day</p>	16 Cheese Quesadilla w/Salsa & Sour Cream or Cheeseburger on a Bun Veggie Sticks Fruit Cup Milk	17 French Toast Sticks w/Syrup, Sausage Patty & Hash Brown or Hot Dog on a Bun Fruit Juice Milk	18 Mozzarella Sticks Macaroni w/Sauce or Cheeseburger on a Bun Fruit Cup Milk	19 Personal Pan Pizza or Hot Dog on a Bun Garden Salad w/Low Fat Dressing Fruit Cup Milk
WEEK 4 22 Chicken Patty on a Bun or Hot Dog on a Bun Kernel Corn Fruit Cup Milk	23 Taco Day with all the Fixings on Tortilla Chips or Cheeseburger on a Bun Fruit Cup Milk	24 Cheesesteak on a Roll or Hot Dog on a Bun French Fries Fruit Cup Milk	25 Grilled Cheese Sandwich or Cheeseburger on a Bun Green Beans Bag of Chips Fruit Cup Milk	26 French Bread Pizza or Hot Dog on a Bun Garden Salad w/Low Fat Dressing Fruit Cup Milk



Happy Valentine's Day
February 14th



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This Month in the Cafeteria

Community: Together . . . We Can Do Great Things

There isn't anything that equals the power of teamwork to achieve magnificent results. Teamwork creates tireless spirit, selflessness and dedication. Teamwork can be strengthened by setting individual and team goals.

Consider finding a team that establishes constructive goals for your children such as team sports, clubs, school or community gardens, groups that work on saving the planet, decrease hunger or helping a family member. No matter which type of team project selected; kids working together lead to great things.



Sodexo is a partner in the MyPyramid Corporate Challenge to promote healthy food and lifestyle choices. For more information on healthy eating, visit www.mypyramid.gov.

Your Crunchy Companion: The Carrot

Carrots are more than just an orange vegetable that rabbits like to nibble on! Carrots are packed with lots of important vitamins. These vitamins help to keep your child's eyes healthy and fight against potential diseases.

Because this vegetable is portable, it makes a great snack for people on the go! Baby carrots and carrot sticks are a wonderful way to snack during after-school time. Some ways you can enjoy this crunchy treat are with celery sticks, vegetable or hummus dip, alongside peanut butter, on top of your salad, with fresh oranges or as a salad. Try the Apple Maple Carrot recipe to the right.

Wordplay:

Q: How can I remember the name of the important vitamin that carrots have?

A: Just remember Beta-*Carrot*tene!

Did you know:

Carrots are not always orange but can be purple, white, red or yellow.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to www.besmart-eatsmart-livesmart.com.

ELEMENTARY LUNCH PRICE
\$2.75

MILK PRICE
\$.50

AVAILABLE DAILY

Yogurt Lunch
Bagel w/Cream Cheese or
Butter & Cheese Stick
Assorted Salads
American Cheese on Wheat Bread

AVAILABLE DAILY

Bread Basket
Fruit Basket