

# Menus for February 2012

Primary, Elementary & Intermediate



## CHESAPEAKE PUBLIC SCHOOLS

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Check the Internet  
www.cps.k12.va.us

**Nutrition Information:**  
"Lunch Menus"  
"Nutrition Information"

**Forms for Students  
with Special Dietary Needs:**

"Parents & Students"  
"Medical"  
"Physician's Statement for  
Students with Special  
Dietary Needs"

\*\*\*\*\*  
\* Items may contain pork.

### QUESTIONS?

Questions or concerns regarding the School Breakfast or Lunch programs at Chesapeake Schools can be directed to School Nutrition Services, Chesapeake Public Schools at 547-1470.

### AVAILABLE DAILY

Smucker's PB&J Uncrustable  
Grilled Cheese Sandwich  
on WG Bread  
6 oz. Yogurt Cup  
w/or w/o Bug Bites Grahams  
\*Student Chef's Salad  
(Chef's Salads without meat are  
available upon request.)

Soup of the Day

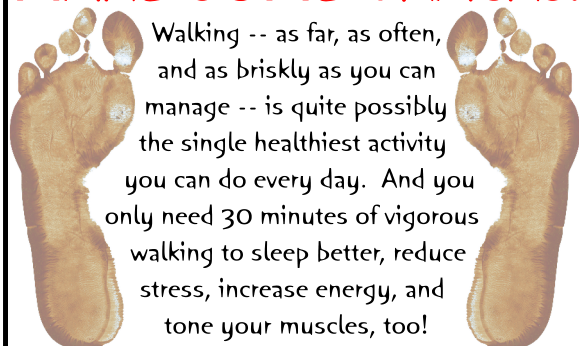
### STUDENTS CAN CHOOSE:

One entrée  
+  
Choice of 1 or 2 sides  
and/or  
Choice of milk

Choice of milk offered with all complete meals:  
1% chocolate, 1% white, 1% strawberry or  
Skim

Lactose free milk provided upon prearranged  
request for Breakfast & Lunch

# MAKE SOME TRACKS.



Walking -- as far, as often,  
and as briskly as you can  
manage -- is quite possibly  
the single healthiest activity  
you can do every day. And you  
only need 30 minutes of vigorous  
walking to sleep better, reduce  
stress, increase energy, and  
tone your muscles, too!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

think  
**outside** the Lunchbox  
Prepay for School Meals Online  
MyPaymentsPlus™  
Formerly known as MedpayPlus

www.MyPaymentsPlus.com

**BREAKFAST**      **LUNCH**  
**\$1.10**            **\$2.00**

**FRUIT**  
**Olives**  
Olives and the oil that is  
made from them are the basis  
of the healthy Mediterranean-style  
diet. Olives are a great source  
of iron and fiber, and although  
they are high in fat, it's the  
"good" kind of fat that  
helps lower cholesterol.  
**OF THE MONTH**

### Wednesday, February 1

**Choice of One**  
Pepperoni Pizza  
w/ Whole Grain Crust  
Sloppy Joe on WW Bun

**Choice of Two**  
Baked Beans  
Tossed Salad  
Chilled Mixed Fruit  
Fresh Kiwi

### Thursday, February 2

**Choice of One**  
Beefaroni w/WG Noodles  
w/ or w/o Dinner Roll  
Italian Sub

**Choice of Two**  
Potato Rounds  
Crunchy Veggies  
w/ or w/o Dip  
Chilled Pineapple  
Fresh Grapes

### Friday, February 3

**Choice of One**  
Ocean Treasures  
w/ or w/o Cornbread  
Chicken Salad  
on WG Croissant

**Choice of Two**  
Steamed Collards  
Tossed Salad  
Chilled Applesauce  
Fresh Pears

### BREAKFAST

Choice of One Entrée:

Whole Grain Cereal w/ Nutri-Grain Bar  
Creamy Yogurt w/Bug Bites

\*Sausage Biscuit (Monday only)  
Pillsbury Mini French Toast (Tuesday only)  
Chicken Biscuit (Wednesday only)

\*Pancake & Sausage on a Stick (Thursday only)  
\*Breakfast Pizza (Friday only)

Choice of One:

Fresh Fruit, Chilled Canned Fruit or  
Chilled Fruit Juice

Choice of One:

1% White or Skim Milk  
Lactose free milk available upon prearranged request.

### Monday, February 6

**Choice of One**  
Taco Max Snax  
Hot Dog on Bun  
w/ or w/o  
Chili & Cheese

**Choice of Two**  
Whole Kernel Corn  
Tossed Salad  
Chilled Peaches  
Fresh Apple

### Tuesday, February 7

**Choice of One**  
Oven Baked Chicken  
w/ or w/o WW Roll  
Meatball Sub

**Choice of Two**  
Mashed Potatoes  
w/ or w/o Gravy  
Three Bean Salad  
Baby Carrots w/ or w/o Dip  
Chilled Pears  
Fresh Oranges

### Wed., February 8

**Choice of One**  
Twisted Cheese Stix  
Cheeseburger or  
Hamburger on WW Bun

**Choice of Two**  
Sweet Peas  
Tossed Salad  
Chilled Mixed Fruit  
Fresh Kiwi

### Thursday, February 9

**Choice of One**  
WG Spaghetti  
w/Meat Sauce  
w/ or w/o Cheese Roll  
Tuna Salad Wrap  
on WG Tortilla

**Choice of Two**  
Steamed Collards  
Crunchy Vegetables  
w/ or w/o Dip  
Chilled Pineapple  
Fresh Grapes

### Friday, February 10

**Choice of One**  
Shrimp Poppers  
w/ or w/o Cornbread  
Pork Rib-B-Que on Bun

**Choice of Two**  
Mashed Sweet Potatoes  
Tossed Salad  
Chilled Applesauce  
Fresh Pears

**FREE & REDUCED APPLICATIONS ARE ACCEPTED ALL YEAR**

Free and reduced applications are accepted throughout the school year. If you feel you are eligible and have not already applied, please submit a 2011-12

application as soon as possible. Applications can be obtained from the school office or online at the CPS website. You only need to complete one application per family. Applications can be mailed, dropped off at the School Nutrition Office, 1021 Great Bridge Blvd. or be given to the School Nutrition Manager at your student's school. We are sorry but we cannot accept faxed applications. When the application is processed, notification will be sent to the student's home. Thanks.

**VEGETARIAN CHOICES**

Monday

Baked Potato with Choice of Toppings

Tuesday

Veggie Burger on WW Bun

Wednesday

Veggie Nuggets w/Dinner Roll

Thursday

Chili Max Wraps

Friday

Fresh Vegetables on a Whole Wheat Tortilla

**BUS DRIVERS ARE NEEDED**

Contact:  
CPS Human Resources Dept.  
312 Cedar Rd.  
Chesapeake

**Monday, February 13**

**Choice of One**  
Chicken Nuggets w/ or w/o

WW Cinnamon Roll Turkey & Cheese Roll-up on WG Tortilla

**Choice of Two**

Green Beans Tossed Salad Chilled Peaches Fresh Apple

**Tuesday, February 14**

**"VALENTINE'S DAY"**  
**Choice of One**  
Pork Dunkers w/ or w/o WG Biscuit Chicken Salad on WG Croissant

**Choice of Two**

WK Corn Baby Carrots w/ or w/o Dip Fresh Orange Raspberry Sherbet Cup

**Wed., February 15**

**Choice of One**  
Cheese Pizza with WG Crust Pork BBQ on Bun w/ or w/o Coleslaw

**Choice of Two**

Baked Beans Tossed Salad Chilled Mixed Fruit Fresh Kiwi

**Thursday, February 16**

**Choice of One**  
Cheese Ravioli w/ or w/o WG Garlic Texas Toast Cheeseburger or Hamburger on WW Bun

**Choice of Two**

Steamed Collards Crunchy Vegetables w/ or w/o Dip Chilled Pineapple Fresh Grapes

**Friday, February 17**

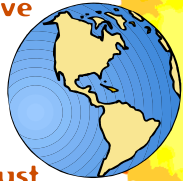
**Choice of One**  
Meatloaf w/ or w/o Dinner Roll Fish Filet on WW Bun (w/ or w/o Cheese)

**Choice of Two**

Mashed Potatoes w/ or w/o Gravy Broccoli Spears Tossed Salad Chilled Applesauce Fresh Pears

**365.2422**

That's how many days it takes the earth to orbit the sun... and that's why we have leap year. We add a day to the month of February every four years to make up for the .2422 days that just won't fit in our regular year!



**LEAP YEAR 2012**

**Monday, February 20**

**Presidents' Day**



**No School Today**

**Tuesday, February 21**

**Choice of One**

Turkey Chow Mein w/Brown Rice w/ or w/o HM Cinnamon Roll Hot Ham & Cheese on WW Bun

**Choice of Two**

Brown Rice w/ or w/o Gravy Three Bean Salad Baby Carrots w/ or w/o Dip Chilled Pears Fresh Oranges

**Wed., February 22**

**"Ash Wednesday"**

**Choice of One**

Con Queso Max Snax Rib-B-Que on WW Bun

**Choice of Two**

Potato Rounds Broccoli Spears Tossed Salad Chilled Mixed Fruit Fresh Kiwi

**Thursday, February 23**

**Choice of One**

Lasagna Roll-ups w/ or w/o WG Texas Toast Hot Dog on Bun w/ or w/o Chili & Cheese

**Choice of Two**

Steamed Collards Crunchy Vegetables w/ or w/o Dip Chilled Pineapple Fresh Grapes

**Friday, February 24**

**Choice of One**

Fish Taco on WG Tortilla Macaroni & Cheese w/ or w/o Cornbread

**Choice of Two**

Broccoli Spears Tossed Salad Chilled Applesauce Fresh Pears

**Monday, February 27**

**Choice of One**

Chicken Fajitas on WG Tortilla Cheese Filled Bread Sticks w/ Marinara Dip

**Choice of Two**

Green Beans Tossed Salad Spiced Apples Fresh Oranges

**Tuesday, February 28**

**Choice of One**

Corn Dog Nuggets Macho Nacho

**Choice of Two**

Broccoli Spears Baby Carrots w/ or w/o Dip Chilled Pears Fresh Apples

**Wednesday, February 29**

**Choice of One**

Pepperoni Pizza w/ Whole Grain Crust Sloppy Joe on WW Bun

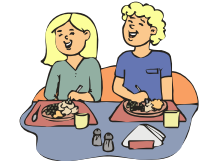
**Choice of Two**

Baked Beans Tossed Salad Chilled Mixed Fruit Fresh Kiwi

**The School Lunch Program**

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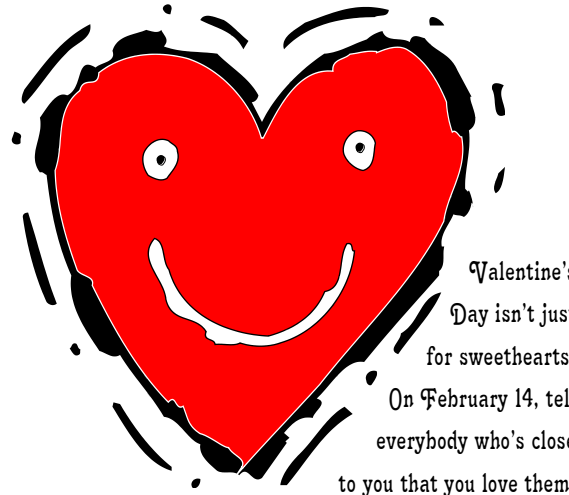
**Menu items are subject to change due to availability**



**Looking for a job supporting our students as they learn?**

Chesapeake Public Schools has openings for School Nutrition Services Assistants in our school cafeterias. For information, contact:

Human Resources Department  
Chesapeake Public Schools  
312 Cedar Rd.



Valentine's Day isn't just for sweethearts! On February 14, tell everybody who's close to you that you love them!