

# Menus for February 2012 MIDDLE SCHOOL



## CHESAPEAKE PUBLIC SCHOOLS

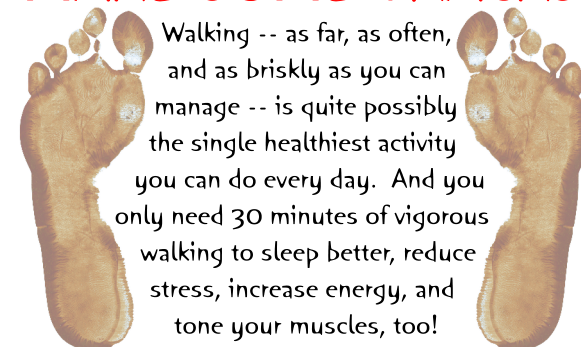
In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, 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.



[www.MyPaymentsPlus.com](http://www.MyPaymentsPlus.com)

**Breakfast \$1.10**  
**Lunch \$2.00**

# 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!**

### 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.

### AVAILABLE DAILY

Smucker's PB&J Uncrustable

Grilled Cheese Sandwich on WG Bread

6 oz. Yogurt Cup w/or w/o Bug Bites Grahams

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

Menu items are subject to change due to availability. \*Menu items may contain pork

### The School Lunch Program

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### Wed., February 1

**Choice of One**  
Sloppy Joe on WW Bun  
Hot Dog on Bun  
w/ or w/o Chili & Cheese  
Pepperoni Pizza with WG Crust

**Choice of Two**  
Baked Beans  
Tossed Salad  
Chilled Pineapple  
Fresh Grapes

### Thursday, February 2

**Choice of One**  
Turkey Chow Mein  
w/ or w/o Brown Rice  
w/ or w/o Homemade WW  
Cinnamon Roll  
Italian Sub  
Chicken Filet on WW Bun

**Choice of Two**  
Sweet Potato Puffs  
Crunchy Veggies  
w/ or w/o Dip  
Chilled Mixed Fruit  
Fresh Kiwi

### Friday, February 3

**Choice of One**  
Ocean Treasures  
w/ or w/o Cornbread  
Pepperoni Pizzas  
Cheeseburger on WW Bun  
Hamburger on WW Bun

**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 request.

### Monday, February 6

**Choice of One**  
Chicken Fajitas on WG Tortilla  
Philly Steak Stuffer  
Chicken Filet on WW Bun

**Choice of Two**  
Broccoli Spears  
Tossed Salad  
Chilled Peaches  
Fresh Apples

### Tuesday, February 7

**Choice of One**  
Oven Baked Chicken  
w/ or w/o Stuffing  
w/ or w/o Dinner Roll  
Ham & Cheese Wrap on WG Tortilla  
Cheeseburger/ Hamburger on WW Bun

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

### Wed., February 8

**Choice of One**  
Pork Dunkers  
w/ or w/o Dinner Roll  
Italian Meatball Sub  
Cheese Pizza on WG Crust

**Choice of Two**  
Steamed Collards  
3 Bean Salad  
Tossed Salad  
Chilled Pineapple  
Fresh Grapes

### Thursday, February 9

**Choice of One**  
WG Spaghetti  
w/Meat Sauce  
w/ or w/o Cheese Roll  
Sloppy Joe on WW Bun  
Chicken Filet on WW Bun

**Choice of Two**  
Whole Kernel Corn  
Crunchy Veggies  
w/ or w/o Dip  
Chilled Mixed Fruit  
Fresh Kiwi

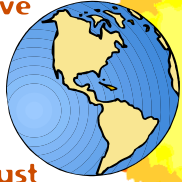
### Friday, February 10

**Choice of One**  
Fish Nuggets  
w/ or w/o Macaroni & Cheese  
w/ or w/o Cornbread  
Pork Rib-B-Que on Bun  
Cheeseburger/Hamburger on WW Bun

**Choice of Two**  
Baked Beans  
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

### HAPPY VALENTINE'S DAY!



### FEBRUARY 14

#### 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

Monday, February 13

#### Choice of One

Meatloaf

w/ or w/o Dinner Roll

All American Sub

Chicken Filet on a WW Bun

#### Choice of Two

Brown Rice w/ or w/o Gravy

Broccoli Spears

Tossed Salad

Chilled Peaches

Fresh Apples

Tuesday, February 14

#### "VALENTINE'S DAY"

#### Choice of One

Hot Wings

w/ or w/o Dinner Roll

Hot Dog on Bun

w/ or w/o Chili & Cheese

Cheeseburger/Hamburger

on WW Bun

#### Choice of Two

Green Beans

Baby Carrots w/ or w/o Dip

Fresh Oranges

Raspberry Sherbet Cup

Wed., February 15

#### Choice of One

Stuffed Shells

w/ or w/o WG Texas Toast

Italian Sub

Pepperoni Pizza on WG

Crust

#### Choice of Two

California Blend Vegetables

Tossed Salad

Chilled Mixed Fruit

Fresh Kiwi

Thursday, February 16

#### Choice of One

Corn Dog Nuggets

Pork BBQ on Bun

w/ or w/o Cole Slaw

Chicken Filet on WW Bun

#### Choice of Two

Baked Beans

Crunchy Veggies

w/ or w/o Dip

Chilled Pineapple

Fresh Grapes

Friday, February 17

#### Choice of One

Chicken & Dumplings

Fish Filet w/ or w/o Cheese

w/ or w/o Cornbread

Cheeseburger/Hamburger

on WW Bun

#### Choice of Two

Mashed Sweet Potatoes

Tossed Salad

Chilled Applesauce

Fresh Pears

Monday, February 20

### Presidents' Day



### No School Today

Tuesday, February 21

#### Choice of One

Breaded Baked Chicken

w/ or w/o Dinner Roll

Ham & Cheese Wrap

on WG Tortilla

Cheeseburger/Hamburger

on WW Bun

#### Choice of Two

Mashed Potatoes

w/ or w/o Gravy

Baby Carrots w/ or w/o Dip

Chilled Pears

Fresh Oranges

Wed., February 22

#### "ASH WEDNESDAY"

#### Choice of One

Cheese Lasagna Roll-ups

w/ or w/o Garlic Bread

Stix

Italian Meatball Sub

Cheese Pizza on WG Crust

#### Choice of Two

Broccoli Spears

Three Bean Salad

Tossed Salad

Chilled Mixed Fruit

Fresh Kiwi

Thursday, February 23

#### Choice of One

Con Queso Max Snax

Pork Rib-B-Que on Bun

Chicken Filet on WW Bun

#### Choice of Two

Steamed Collards

Three Bean Salad

Crunchy Veggies w/ or w/o Dip

Chilled Pineapple

Fresh Grapes

Friday, February 24

#### Choice of One

Shrimp Poppers

w/ or w/o Corn Bread

Beef & Bean Burrito

Cheeseburger/Hamburger

on WW Bun

#### Choice of Two

Green Peas

Tossed Salad

Chilled Applesauce

Fresh Pears

Check the Internet  
[www.cps.k12.va.us](http://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"

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\* Items may contain pork.

#### SALAD CHOICES

##### Monday

Chef's Salad

##### Tuesday

Oriental Mandarin  
Chicken Salad

##### Wednesday

Macho Nacho Salad

##### Thursday

Chicken Caesar Salad

##### Friday

Chef's Salad

Monday, February 27

#### Choice of One

Corn Dog Nuggets

Chicken Filet on WW Bun

#### Choice of Two

Broccoli Spears

Tossed Salad

Spiced Apples

Fresh Oranges

Tuesday, February 28

#### Choice of One

Beefaroni w/ WG Pasta

w/ or w/o WG Texas Toast

Chicken Vegetable Egg Roll

Cheeseburger/Hamburger

on WW Bun

#### Choice of Two

Green Peas

Baby Carrots w/ or w/o Dip

Chilled Pears

Fresh Apples

Wed., February 29

#### Choice of One

Sloppy Joe on WW Bun

Hot Dog on Bun

w/ or w/o Chili & Cheese

Pepperoni Pizza

with WG Crust

#### Choice of Two

Baked Beans

Tossed Salad

Chilled Pineapple

Fresh Grapes

#### 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.

Menu items are subject to change due to availability

**BUS DRIVERS ARE NEEDED**  
**Contact:**  
**CPS Human Resources Dept.**  
**312 Cedar Rd.**  
**Chesapeake**



**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.