





Philip F. Lauer Middle School
February...2010
www.wilsonareasd.org



1 Pasta w/Italian Meat sauce Tossed Salad Pineapples Lowfat Milk Choice	2 Italian Parmesam Meatball Sandwich Tossed Salad Applesauce Lowfat Milk Choice	3 Egg McLuncheon Potato Puffs  Banana Lowfat Milk Choice	4 Pizza Dunkers w/ Cheese Tomato dipping sauce Tossed Salad Applesauce Lowfat Milk Choice	5 Hot Ham & Cheese on a Bagel Baby Carrots Fruit Cocktail Lowfat Milk Choice
8 Pizza Sticks with Tomato dipping sauce Pineapples Pears Lowfat Milk Choice	9 Baked Chicken Nuggets Dinner Roll Sweet Potatoes Applesauce Lowfat Milk Choice	10 Hot Dog w/ Toppings Potato Chips Baby Carrots Apple Juice Lowfat Milk Choice	11 Chicken Parmesan on a Roll Seasoned Green Beans Applesauce Lowfat Milk Choice	12 Vegetable Lasagna Dinner Roll Tossed Salad Fruit Cocktail Lowfat Milk Choice
15 Closed	16 Donut Day Baked Popcorn Chicken Dinner Roll Mixed Vegetables Pineapples Lowfat Milk Choice	17 BAJA FLATS Cheese Steaks	18 Nacho Taco Lettuce & Salsa Seasoned Carrots Pears Lowfat Milk Choice	19 Meatballs over Pasta w/ Dinner roll Tossed Salad Pineapples Lowfat Milk Choice
22 French Toast Sticks w/ Sauage Potato Puffs Apple Juice Lowfat Milk Choice	23 Baked Chicken Nuggets Dinner Roll Mixed Vegetables Pineapples Lowfat Milk Choice	24 Pizza Dunkers w/ Tomato dipping sauce Seasoned Corn Applesauce Lowfat Milk Choice	25 Salisbury Steak Dinner Roll Seasoned Green Beans Peaches Lowfat Milk Choice	26 Macaroni & Cheese Dinner Roll Tossed Salad Fruit Cocktail Lowfat Milk Choice
February is Banana Month 				



Offered with choice of 2 F/V components & Lowfat Milk

Available Daily: Garden Salad w/ Cheese

Specialty Salads

- Monday- Popcorn Chicken Salad
- Tuesday- Catalina Roast Turkey Salad
- Wednesday- Antipasto Salad
- Thursday- Chicken Caesar Salad
- Friday- Chunky Tuna Salad

See Cafeteria daily for extra entrees and specials



February

Best if stored at room temperature

A banana tree is actually a giant herb

Never harvested when yellow, always when they are green

A bunch of bananas is called a hand

Nice source of potassium and fiber

A convenient on the go snack with 110 calories



Offered with choice of 2 F/V components & Lowfat Milk

Available Daily: Cheese Pizza

Specialty Pizza

- Monday- Pepperoni
- Tuesday- Roasted Garlic White Pizza
- Wednesday- Sausage
- Thursday- German Pizza
- Friday- Meat Lover's Pizza



Offered with choice of 2 F/V components & Lowfat Milk

Available Daily:

Hamburger, Cheeseburger and Chicken Sandwich

Daily BALANCED

CHOICE™ SPECIALS

- Monday- Chicken Parmesan Wrap
- Tuesday- Buffalo Chicken Wrap
- Wednesday- Chicken Ranch Wrap
- Thursday- Chicken Fajita Wrap
- Friday- BBQ Chicken Wrap



BALANCED CHOICE SPECIALS are Available
with Seasoned Corn, Fresh Fruit and 1%Milk



Offered with choice of 2 F/V components & Lowfat Milk

Available Daily: American Hoagie



BALANCED CHOICE SPECIALS are Available
with the Specialty Salad of the day, Fresh Fruit and 1%Milk

Student Lunch \$2.15
Menu Subject to Change