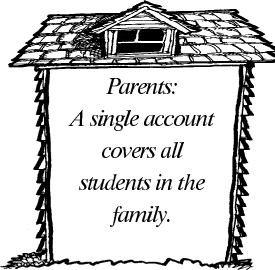




Menus are subject to change according to the availability of products


February 2010



WHAT'S FOR LUNCH?

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Chicken Patty/bun 1 Green Peas Tropical Fruit Milk	Chicken Fajitas 2 Lettuce/Cheese Salsa Mandarin Oranges Milk	Ravioli 3 Green Beans Chilled Peas Bosco Bread Stk Milk	Ham/cheese/bun 4 Baked Tator Tots Chilled Peaches Milk	Cheese Pizza 5 Tossed Salad Mixed Fruit Milk	6
	7	Corn Dog 8 Baked Tator Tots Chilled Peaches Milk	Burrito w/cheese 9 Steamed Corn Orange Smiles Graham Crackers Milk	Chicken Nuggets 10 Mixed Veggies Cinn Applesauce Wheat Roll Milk	Hamburger/bun 11 Baked Fries Fresh Apple Milk 	Fish/bun 12 Creamy Cole Slaw Mac & Cheese Mixed Fruit Milk
14	15 NO SCHOOL PRESIDENT'S DAY	Chicken Patty/bun 16 Carrot Stks/dip Chilled Peas Milk	Sloppy Joe/bun 17 Baked Tator Tots Chilled Peaches Milk	Scrambled Eggs 18 French Toast Stks Baked Tri Tators Mandarin Oranges Milk	Cheese Pizza 19 Tossed Salad Mixed Fruit Milk	20
21	22 Hot Dog/bun Baked Beans Chilled Pineapple Milk	Burrito w/cheese 23 Steamed Corn Chilled Peas Milk	Chicken Nuggets 24 Whip Potatoes/gravy Chilled Peaches Wheat Roll Milk	Hamburger/bun 25 Baked Fries Fresh Apples Milk 	Chix/chili Crisпитos 26 Tossed Salad Mixed Fruit Choc Chip Cookie Milk	27

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Limit Saturated Fat & Cholesterol

Did you know? When it comes to heart health, the type and amount of fat we eat makes a big difference. Many Americans eat too much saturated fat and cholesterol, which increases unhealthy blood lipids. Most of the saturated fat in our diet comes from cheese and other higher fat dairy products, beef, and baked goods like cakes, cookies, and doughnuts. Foods higher in saturated fat usually contain more cholesterol, too.

Lunch Prices
 Reduced \$.40
 Elem./JH \$ 1.40
 GHS \$1.55

Bond County Community Unit #2
 Food Service Department
 Pat Frey, Food Service Director
 Call M-F, with questions or account information 664-5015