






Graystone Academy

February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Spaghetti/Chicken Parmesan Italian Bread Tossed Salad/LF Dressing Fruit Jell-O	2 Grilled Cheese Sandwich Tomato Soup/Crackers Raw Veggie/FF Dip Fruit Graham Crackers	3 Super Bowl Kick Off Pizza Party Fumble Caesar Salad w/LF Dressing Tackle Fruit Touchdown Goldfish 
6 Meatball Sandwich Ranch Potatoes Applesauce Cookie	7 Macaroni & Cheese Hot Dog on Bun Carrot Sticks/FF Dip Fresh Fruit 	8 Taco Salad in Edi-bowl Cheese/Salsa Shredded Lettuce/Tomato Mexican Rice Seasoned Corn Fruit	9 Hamburger/Cheese/WG Roll Lettuce/Tomato/Pickle 1/2 oz. Chips Fruit Goldfish	10 Pizza Party Tossed Salad/LF Dressing Fruit Snack Mix
13 Turkey and Cheese on Snowflake Roll 1/2 oz. Chips Carrot Sticks/FF Dip Fruit	14 VALENTINE'S DAY Hot Ham and Cheese on Kaiser Roll Veggie Soup Fresh Fruit Cup 100% Juice Tube "COUNT THE HEARTS"	15 *Pasta Bar Garden Salad/LF Dressing Italian Bread Pears * Pasta Bar offers pasta with butter, sauce and/or meat sauce	16 Chicken Patty on WW Bun Lettuce/Tomato Green Beans Fresh Fruit Yogurt Cake	17 EARLY DISMISSAL Pizza Party Carrot Sticks Fruit Popcorn 
20 SCHOOL CLOSED 	21 Pizza Carrot Sticks/FF Dip 100% Juice Goldfish Fruit	22 Baked Ziti w/Marinara Sauce Whole Wheat Breadstick Caesar Salad/LF Dressing Sliced Apples	23 Chicken Patty on Wheat Bun Lettuce/Tomato/Pickle Fruit Healthy Brownie	24 Pizza Party Garden Salad/LF Dressing Fruit Graham Crackers
27 Hot Turkey Sandwich Potatoes Seasoned Corn Fruit	28 Hot Dog on Bun Baked Beans Fruit Cookie	29 Tacos/Cheese/Salsa in Edi-bowl Shredded Lettuce/Tomato Cornbread Carrot Sticks/FF Dip Fruit	<p>There is no such thing as a "good" or "bad" food —just too much. Registered dietitians recommend eating a variety of foods in moderation. These include your favorites, but eat them less frequently and watch your portion size! Also avoid super-sizing when visiting the occasional fast food restaurant.</p>	

Choice of Milk with all Meals
 Menu Subject to Change