

The daily menu is subject to change without advanced notice.

FULTON COUNTY SCHOOLS MIDDLE SCHOOL LUNCH MENUS FEBRUARY 2010



<p>1 BBQ Turkey Plate Texas Toast Chicken Nuggets, Wheat Roll *Cheese Pizza, Green Peas, Baby Carrots w/Ranch Dressing, French Fries, Diced Pears, Orange Juice Ham Chef Salad Turkey Ham & Cheese Sub</p>	<p>2 Nachos Grande w/Mexican Rice, Salsa, Hot Dog, *Cheese Nachos Steamed Broccoli, Coleslaw, Celery Sticks w/Ranch Dressing, Mandarin Oranges, Apple Juice, Turkey Chef Salad, Turkey & Cheese Wrap, Chocolate Chip Cookie</p>	<p>3 Rotisserie Chicken, Cornbread, Cheeseburger, Lettuce, Tomato & Pickle *Cheese Pizza, Turnip Greens Sweet Potato Soufflé, Garden Salad, Spiced Apples, Bananas Cheese Chef Salad, Deli Turkey & Cheese Sub</p>	<p>Spaghetti Casserole, Wheat Roll, Pepperoni Pizza, *Veggie Burger w/Teriyaki Sauce Black Beans & Rice, California Blend, Corn, Marinated Vegetable Salad, Applesauce, Orange Juice, Grilled Chicken Chef Salad, Yogurt & Cheese Pak Cherry Crisp</p>	<p>Fish Krispy on Bun, Chicken Fajitas *Vegetarian Chili, Garlic Toast Shredded Lettuce, Tomato Green Beans Roasted Italian Potatoes Peaches, Apples Ham Chef Salad Turkey Ham & Cheese Sub NATIONAL WEAR RED DAY</p>	<p>The following milk choices are offered daily: 2%, 1%, Skim, Chocolate & Strawberry</p>
<p>8 Chili/w Beans Garlic Toast, Chicken Tenders, Wheat Roll, *Stuffed Crust Dippers w/ Pizza Sauce, California Blend, Steamed Corn, Popeye Salad, Peaches, Fresh Oranges, Chicken Tender Salad Deli Turkey & Cheese Sub</p>	<p>9 BBQ Chicken, Cheeseburger, Shredded Lettuce, Tomato *Vegetarian Nachos Fries, Glazed Carrots, Wheat Roll Garden Salad, Diced Pears Apple Juice, Turkey Chef Salad Turkey Ham & Cheese Wrap Yellow Cake w/Chocolate Glaze</p>	<p>10 Roasted Turkey w/Rice & Gravy, Wheat Roll, Chicken Egg Roll w/Fried Rice, *Cheese Pizza Green Beans, Carrot Soufflé, Pineapple Tidbits, Fresh Apples, Orange Juice Cheese Chef Salad Pizza Pak</p>	<p>11 Sweet & Sour Chicken, Steamed Rice, Wheat Roll, BBQ Pork on Bun, *Veggie Burger w/Teriyaki Sauce, Black Beans & Rice, Mixed Vegetables, Steamed Broccoli, Black Bean Salad, Apple Coleslaw, Fresh Bananas, Grilled Chicken Chef Salad, Turkey & Cheese Wrap, Chocolate Chip Cookie</p>	<p>12 TEACHER WORK DAY SCHOOLS CLOSED</p>	
<p>15 PRESIDENTS' DAY SCHOOLS CLOSED</p>	<p>16 Nachos Grande w/Mexican Rice, Hot Dog w/Chili, Cheese Nachos Steamed Broccoli, Coleslaw Celery Sticks w/Ranch Dressing Mandarin Oranges Apple Juice Turkey Chef Salad, Turkey & Cheese Wrap Chocolate Chip Cookie</p>	<p>17 Rotisserie Chicken, Cornbread, Cheeseburger, Lettuce, Tomato & Pickle *Cheese Pizza, Turnip Greens Sweet Potato Soufflé, Garden Salad, Spiced Apples, Bananas Cheese Chef Salad, Deli Turkey & Cheese Sub</p>	<p>18 Spaghetti Casserole, Wheat Roll, Pepperoni Pizza, *Vegetarian Burger w/Teriyaki Sauce Black Beans & Rice, California Blend, Corn, Marinated Vegetable Salad, Applesauce, Orange Juice, Grilled Chicken Chef Salad, Yogurt & Cheese Pak Cherry Crisp</p>	<p>19 Fish Krispy on Bun, Chicken Fajitas *Vegetarian Chili, Garlic Toast Shredded Lettuce, Tomato Green Beans Roasted Italian Potatoes Peaches, Apples Ham Chef Salad Turkey Ham & Cheese Sub</p>	<p>Meatless options are denoted by an asterisk (*)</p>
<p>22 Chili/w beans Garlic Toast, Chicken Tenders, Wheat Roll, *Stuffed Crust Dippers w/ Pizza Sauce, California Blend, Steamed Corn, Popeye Salad, Peaches, Fresh Oranges, Chicken Tender Salad Deli Turkey & Cheese Sub</p>	<p>23 BBQ Chicken, Cheeseburger, Shredded Lettuce, Tomato *Vegetarian Nachos Fries, Glazed Carrots, Wheat Roll Garden Salad, Diced Pears Apple Juice, Turkey Chef Salad Turkey Ham & Cheese Wrap Yellow Cake w/Chocolate Glaze</p>	<p>24 EARLY RELEASE DAY</p>	<p>25 Sweet & Sour Chicken Steamed Rice, Wheat Roll Veggie Burger w/Black Beans & Rice, Mixed Vegetables, Steamed Broccoli, Black Bean Salad Apple Cole Slaw, Bananas Grilled Chicken Chef Salad Turkey & Cheese Wrap Chocolate Chip Cookie</p>	<p>26 Shrimp Poppers w/Baked Beans Wheat Roll, Chicken Nachos Shredded Lettuce, Tomato Cheese Pizza Green Peas, Cole Slaw French Fries, Apricots Spiced Apples Ham Chef Salad Turkey Ham & Cheese Sub</p>	

February is recognized as American Heart Month. It is important to include at least 30 minutes of physical activity (like running or roller skating) at least 3-4 days per week. You should also consume a diet that is low in fat, saturated fat and cholesterol and rich in fruits, vegetables and whole grains. Each of these lifestyle changes will help maintain the health of your heart.

Fulton County School Nutrition Program
The Meadows Operations Center
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