


St. Louis Language Immersion School Breakfast / Lunch Menu February 2012



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>FSP Breakfast and Lunch Benefits</p> <p>Every day, you can expect:</p> <ul style="list-style-type: none"> ▪ Skim and 1% milk with no artificial growth hormones or antibiotics ▪ Yogurt is available for Breakfast every morning ▪ Fresh fruit options ▪ A bread basket with the emphasis on whole grains ▪ Service with a smile 		
<p>Sunrise Starters Breakfast Menu</p>	<p>February 21</p> <p>Sausage Patty Fresh Fruit Whole-Grain Toast Margarine/Jelly Skim or 1% Milk</p>	<p>February 22</p> <p>Choice of Cold Cereal Fresh Fruit Whole-Grain Toast Margarine/Jelly Skim or 1% Milk</p>	<p>February 23</p> <p>Choice of Eggs (Scrambled or Hard-Boiled) Whole-Grain Toast Fresh Fruit Margarine/Jelly Skim or 1% Milk</p>	<p>February 24</p> <p>Choice of Cold Cereal Bagel Fresh Fruit Margarine/Jelly Skim or 1% Milk</p>
	<p>LUNCH</p> <p>Whole-Wheat Pasta with Chef Jim's Meat Sauce Garlic Breadstick Fresh Fruit Broccoli OR Rainbow Variety (Salad) Bar</p>	<p>Lunch</p> <p>Kansas City-Style BBQ Beef Sandwich Fresh Fruit Vegetables OR Rainbow Variety (Salad) Bar</p>	<p>Lunch</p> <p>Chicken Fajitas on Ultragrain Tortillas Garnish Cup Brown Rice Fresh Fruit Corn OR Rainbow Variety (Salad) Bar</p>	<p>Lunch</p> <p>Roast Beef & Cheddar on a Whole-Wheat Bun Fresh Fruit Mixed Vegetables OR Rainbow Variety (Salad) Bar</p>
<p>February 27 Sunrise Starters</p> <p>Egg Patty English Muffin Fresh Fruit Margarine/Jelly Skim or 1% Milk</p>	<p>February 28 Sunrise Starters</p> <p>Choice of Eggs (Scrambled or Hard-Boiled) Whole-Grain Toast Fresh Fruit Margarine/Jelly Skim or 1% Milk</p>	<p>February 29 Sunrise Starters</p> <p>Choice of Hot Cereal (Oatmeal, Cream of Wheat or Grits) Bagel Fresh Fruit Margarine/Jelly Skim or 1% Milk</p>	<p>Color Me Green</p> <p>This month, we are going green with fruits and veggies. Green produce promotes vision health, supports strong bones and teeth, and helps to lower your risk of some cancers. Vegetables and fruits in this color group include green beans, broccoli, and green pears. In March, we'll talk about the blue/purple group.</p>	
<p>Lunch</p> <p>Oven-Baked Homestyle Chicken Tenders with BBQ Dipping Sauce Fresh Fruit Vegetables OR Rainbow Variety (Salad) Bar</p>	<p>Lunch</p> <p>Mozzarella & Marinara Meatball Sandwich on a Whole-Grain Bun Fresh Fruit California Blend Veggies OR Rainbow Variety (Salad) Bar</p>	<p>Lunch</p> <p>Oven-Roasted Sliced Turkey with Country Gravy Fresh Fruit Mashed Potatoes OR Rainbow Variety (Salad) Bar</p>		

Note: The menu is subject to change based on availability and quality of food items. EarthSmart Kitchens is a division of FSP

