






Feb, 2012

ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	National Eating Awareness week 2/ 26-3/ 3
	<p>see menu back</p> <p>PLEASE COMPLETE THE SURVEY ON THE MENU BACK, RETURN IT TO KITCHEN & RECEIVE A FREE FROZEN FRUIT SHAPE UP</p>	<p>BREADED MOZZARELLA STICKS (5) WITH MARINARA SAUCE BAKERY FRESH GARLIC BREAD GARDEN SALAD WITH CRISP ROMAINE LETTUCE, FRESH GARDEN TOMATOES, & SPINACH CRISPY RED APPLE</p> <p>***BELL RINGER DAY***</p>	<p>POPCORN CHICKEN MASHED POTATOES WITH GRAVY CORN NIBBLETES MIXED FRUIT CUP</p> 	<p>GARLIC FRENCH BREAD PIZZA WITH MARINARA SAUCE BABY CARROTS WITH LOW FAT DIP SLICED PEACHES</p>  <p>AMPS- PIZZERIA PIZZA</p>	<p>It is estimated that 8 million people have an eating disorder. The three eating disorders that are clinically recognized are Anorexia nervosa- characterized by substantial weight loss and refusal to gain weight (accompanied by an intense fear of becoming fat) as well as distorted body image: may involve purging behaviors. Bulimia nervosa- characterized by bingeing on food larger then considered normal in a short period of time & a sense of not being able to stop as well as purging behavior (such as self induced vomiting, laxative use, fasting, or excessive exercise) Eating disorder not otherwise specified- characterized by eating behaviors that are not distorted but may not meet the criteria for anorexia or bulimia. For more information on this you can visit these sites: kidshealth.org nationaleatingdisorders.org</p>
<p>CHICKEN PATTY ON A BUN BAKED MACARONI & CHEESE STEAMED GREEN BEANS MIXED FRUIT CUP</p> <p>100% fruit juice bar</p>	<p>TACOS W/ BAKED TOSTITOS SCOOPS FLUFFY BROWN RICE SHREDDED CHEESE/ LETTUCE & TOMATO PINEAPPLE CHUNKS</p>  <p>***BELL RINGER DAY***</p>	<p>BAKED RAVIOLIS (3) WITH MEAT BALLS GARLIC FRENCH BREAD GARDEN SALAD-CRISP ROMAINE LETTUCE, SPINACH W/ FRESH GARDEN TOMATOES ORANGE WEDGES</p> 	<p>GOLDEN CHICKEN NUGGETS MASHED POTATOES WITH GRAVY STEAMED CORN STRAWBERRY FRUIT CUP</p> 	<p>CHEESY PIZZA GARDEN SALAD WITH CRISP ROMAINE LETTUCE, FRESH GARDEN TOMATOES, & SPINACH ORANGE WEDGES</p> <p>SBS-PIZZERIA PIZZA</p>	
<p>MEATY NACHOS, CHIPS & CHEESE FLUFFY BROWN RICE MEXICALI CORN PINEAPPLE CHUNKS</p> 	<p>GRILLED CHICKEN CAESAR SALAD WITH HEART SHAPED PRETZEL OR CHEESE QUESADILLA SWIRLED HEART FROZEN FRUIT CUP</p> <p>***BELL RINGER DAY***</p>	<p>BREADED MOZZARELLA STICKS (5) SPINACH APPLE SALAD- MADE WITH SPINACH, APPLES & RAISINS W/ A LITE CIDER APPLE VINAIGRETTE DRESSING SLICED PEARS</p> <p>100% fruit juice bar</p>	<p>SBS-HOT & SPICY CHICKEN STRIPS AMPS- POPCORN CHICKEN POTATO NUGGETS CARROTS & CELERY STICKS WITH LOW FAT RANCH MIXED FRUIT CUP</p> 	<p>STUFFED CRUST PIZZA W/ SAUCE GARDEN SALAD WITH CRISP ROMAINE LETTUCE, FRESH GARDEN TOMATOES, & SPINACH FRUITED JELLO</p> <p>AMPS- PIZZERIA PIZZA</p>	
<p>WINTER RECESS SCHOOL CLOSED</p>	<p>WINTER RECESS SCHOOL CLOSED</p>	<p>WINTER RECESS SCHOOL CLOSED</p>	<p>WINTER RECESS SCHOOL CLOSED</p>	<p>WINTER RECESS SCHOOL CLOSED</p>	
<p>**BRUNCH FOR LUNCH</p> <p>MINI PANCAKES W/ YOGURT OR CHEESE QUESADILLA BABY CARROTS WITH LOW FAT DIP APPLESAUCE OR 100 % FRUIT JUICE</p>	<p>GRILLED CHEESE SANDWICH OR NEW ITEM-"MILLER PLACE HAPPY MEAL" TURKEY & CHEESE ON A ROLL, BABY CARROTS, APPLE, CAPE COD CHIPS, 100% FRUIT RASPBERRY BAR BABY CARROTS RED APPLE</p>	<p>MINI PIZZA BAGELS (4) MEATBALLS (4) MARINARA SAUCE VEGGIE CUP-CARROTS, CUCUMBER & BROCCOLI W/ LOW FAT RANCH ORANGE WEDGES</p> <p>***BELL RINGER DAY***</p>	<p>WELLNESS FAIR AT MILLER PLACE *Save the date- Saturday, March 24th from 10 am- 2 pm Raffles, Food Samplings & Giveaways</p> 	<p>Menu Notes: *The new Lunch price is \$2.50- \$25.00 for 10 lunches. *We honor left over tickets or lunches * Assorted fruits, vegetables & low fat milk is available with lunch *Meat lunches may contain beef or pork products Please contact me if you have any questions, concerns or if your child has a food allergy and is eating from the cafeteria. Linda Zain at 474-8348 or email : lzain@millerplace.k12.ny.us Fun stuff during Lunch... Bell Ringer Days- Feb. 1, 7, 14, 29</p> 	