



Jan. 31 - Feb. 24, 2012

AEC Food Services school lunch program...

## Menu

### **Daily Option**

**CHEESE PIZZA** ~ accompanied by baby carrots and fruit

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### **Tuesday, January 31**

**HOT DOG (TURKEY OR SOY)** ~ accompanied by organic tortilla chips, edamame and fruit

### **Wednesday, February 1**

**PASTA (MEAT OR MARINARA SAUCE)** ~ prepared with whole wheat penne pasta accompanied by salad and fruit

### **Thursday, February 2**

**STIR FRY (CHICKEN OR VEGGIE)** ~ accompanied by brown rice and fruit

### **Friday, February 3**

**CHEESE PIZZA** ~ accompanied by baby carrots and fruit

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### **Tuesday, February 7**

**BURGER (BEEF OR VEGETABLE PATTY)** ~ accompanied by organic tortilla chips and fruit

### **Wednesday, February 8**

**VEGETABLE SOUP (CHICKEN OR VEGGIE)** ~ accompanied by salad, garlic bread and fruit

### **Thursday, February 9**

**TACO (BEEF OR REFRIED BEANS)** ~ served in a hard taco shell, your choice of toppings, lettuce, tomatoes and cheese, accompanied by organic tortilla chips, homemade salsa and fruit

### **Friday, February 10**

**CHEESE PIZZA** ~ accompanied by baby carrots and fruit

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### **Tuesday, February 14**

**ENCHILADA (CHICKEN OR CHEESE)** ~ accompanied by spanish rice, cucumbers and fruit

### **Wednesday, February 15**

**MACARONI AND CHEESE** ~ accompanied by cut edamame and fruit

### **Thursday, February 16**

**BBQ TENDERS (CHICKEN OR VEGGIE)** ~ accompanied by roasted potatoes, cucumber and fruit

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### **Tuesday, February 21**

**BURGER (BEEF OR VEGETABLE PATTY)** ~ accompanied by organic tortilla chips and fruit

### **Wednesday, February 22**

**LASAGNA (MEAT OR MARINARA SAUCE)** ~ accompanied by salad and beverage fruit

### **Thursday, February 23**

**ROASTED CHICKEN DRUMSTICKS OR SAUTEED LENTILS** ~ accompanied by brown rice, salad and fruit

### **Friday, February 24**

**CHEESE PIZZA** ~ accompanied by baby carrots and fruit

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**\*Beverages - All orders come with a beverage. Keeping with our healthy living principle, our beverages will be various natural flavored waters.**