


**ST. JOSEPH SCHOOL MENU**

**FEBRUARY 2010**

| Monday   | Tuesday  | Wednesday                                       | Thursday   | Friday  |
|--|--|---|--|---|
| 1<br><b>STEAK AND CHEESE SUBS<br/>CORN</b>   | 2<br><b>MACARONI AND CHEESE<br/>GREEN BEANS</b>  | 3<br><b>BACON CHEESEBURGERS<br/>BAKED FRIES</b> | 4<br><b>HOT DOGS<br/>BAKED BEANS<br/>CARROTS</b>   | 5<br><br><b>Pepperoni &amp; Plain Pizza<br/>GREEN BEANS</b>    |
| <b>Weekly Alternates:</b>  | Bologna & Cheese Sandwich (2) Fun lunch(Saltines,cheese,Yogurt, hard boiled egg, fruit punch)<br>(3) Triple peanut butter & jelly or peanut butter marshmallow sandwich (4)  |   |  |   |
| 8<br><b>MEATBALL SUBS<br/>GREEN PEAS</b>   | 9<br><br><b>THREE CHEESE PASTA<br/>WHEAT DINNER ROLL<br/>CORN</b>                           | 10<br><b>GRILLED CHEESE<br/>TOMATO SOUP</b>     | 11<br><br><b>POPCORN CHICKEN<br/>CARROTS</b>                      | 12<br><br><b>Pepperoni &amp; Plain Pizza<br/>GOLDEN CORN</b>   |
| <b>Weekly Alternates:</b>  | Ham & Cheese sandwich (2) fun lunch (Mini bagel, cream cheese, hard boiled egg & orange juice) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)    |   |  |   |
| 15<br><b>NO SCHOOL</b>   | 16<br><b>NO SCHOOL</b>   | 17<br><b>NO SCHOOL</b>                          | 18<br><b>NO SCHOOL</b>   | 19<br><b>NO SCHOOL</b>  |
| <b>Weekly Alternates:</b>  | Tuna salad sandwich (2) fun lunch (Tortilla shells with shredded cheese & salsa) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)                  |   |  |   |
| 22<br><br><b>CHICKEN PATTY ON A ROLL<br/>CORN</b> | 23<br><br><b>AMERICAN CHOP SUEY<br/>CARROTS</b>   | 24<br><b>BEEF TACOS W/ALL THE TOPPPINGS</b>     | 25<br><br><b>CHICKEN NUGGETS<br/>GREEN PEAS<br/>GARLIC STIX</b> | 26<br><br><b>Pepperoni &amp; Plain Pizza<br/>GOLDEN CORN</b> |
| <b>Weekly Alternates:</b>  | Italian sub (2) fun lunch (Mini bagels with shredded cheese & tomato sauce) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)                       |   |  |   |
|  |  |   | <b>"Wellness"<br/>All Pizza Served in<br/>Elementary Schools is<br/>Whole Wheat Pizza</b>  | <br><b>INDICATES<br/>BALANCED CHOICE<br/>MEALS</b>           |
| <b>Weekly Alternates:</b>  | Turkey Sandwich (2) Peanut Butter & Jelly Fun Lunch(Saltines, Peanut Butter, Jelly, Orange Juice) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4) |   |  |   |

**All meals are served with a choice of milk (low fat or low fat flavored) and fruit (fresh or canned.)**

*Extra servings of vegetables (excluding potatoes and potato products) and fruits are encouraged. Veggie sticks and/or tossed salad available daily*

**Student Lunch price: \$2.00 & \$2.25 Reduced meal price: \$0.40 Milk price: \$0.50 Adult meal price \$3.50**

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**"WANT MORE INFORMATION? VISIT OUR WEBSITE AT [www.eatlearnlive.com](http://www.eatlearnlive.com) TO SIGN UP FOR CHARWELLS' PARENT E-NEWSLETTER**

**"WE BUY OUR PRODUCE LOCALLY"**

**Fairhaven Elementary Schools  
Breakfast  
FEBRUARY 2010**

If you have any questions, please call the Director of Dining Services:: 508-979-4051, Ext. 1002

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| <b>Daily Specials</b>  |   |   |  |   |
| Whole Wheat<br>Pancakes<br>Maple Syrup<br>Fresh Fruits   | Assorted Cereals<br>And Whole Grain<br>Cereal Bars<br>Fresh Fruit | Egg, Ham, Cheese<br>Sandwich on<br>English Muffin<br>Fresh fruits | Whole Wheat<br>French Toast Sticks<br>W/ Maple Syrup<br>Fresh fruits | Whole Wheat<br>Toasted Bagel<br>Lite Cream Cheese<br>Fresh fruits |
| <p><b>Daily alternates may include:</b></p> <p>Assorted ready-to-eat reduced sugar, whole grain cold cereals, muffins, or bagels, cereal bars<br/>                     Peanut butter cream cheese jelly</p> <p>MEAL PRICES PAID: \$1.50 REDUCED: .30</p> |   |   |  |   |

**All meals are served with a choice of milk (1% low fat or low fat flavored) and a fruit (canned, fresh, or 4-ounce 100% juice)**



Welcome to your "Brake for Breakfast" program. Remember to start your day off healthy by eating breakfast. It may even help you to do better with your schoolwork!

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