





February

SILVER LAKE REGIONAL
MIDDLE SCHOOL 2012

Monday	Tuesday	Wednesday	Thursday	Friday
American Heart Month 		1 Hot Dog on Wheat Roll Chopped Onions Baked Vegetarian Beans Potato Puffs Chilled Fruit / Milk	2 Toasted Cheese Sandwich on Wheat Bread Cup of Soup Dill Pickles Gold Fish Crackers Chilled Fruit / Milk	3 Sal's Fresh Cheese Pizza Pepper Strips w/ranch Cheese Cubes rf Cape Cod Chips Warm Apple Crisp w/Whip Topping Chilled Fruit / Milk
6 Bagel Bar w/ Assorted Toppings Sausage Links Warm Cinn. Applesauce 100% Fruit Juice Milk	7 Pasta Bar w/ Sauce Choices side of Meatballs Caesar Salad Warm Bread Stick Chilled Fruit / Milk	8 Chicken Drumsticks w/ Dipping Sauces w/ Garlic Infused Rice Fresh Broccoli Warm Wheat Dinner Roll Chilled Fruit / Milk	9 Hamburger w/w Cheese on a Wheat Roll Baked Onion Rings Lettuce, Tomato, Pickles Chilled Fruit / Milk	10 Sal's Fresh Cheese Pizza Caesar Salad Snyder Mini Pretzels Cheese Cubes Warm Blueberry Crisp w/Whip Topping Chilled Fruit / Milk
13 Teriyaki Chicken Dippers W/Brown Rice Buttered Sweet Corn Warm Wheat Dinner Roll Pineapple Tidbits Milk	14 Meatball Sub on a Wheat Roll Parmesan Cheese Pasta Salad Seasoned Zucchini Chilled Fruit / Milk 	15 Nacho Bar w/Warm Cheese Sauce Seasoned Beef Lettuce, Tomatoes, Salsa Taco Seasoned Pinto Bean Rice Corn Muffin Chilled Fruit / Milk	16 Belgium Waffles Warm Apple Slices Maple Syrup Sausage Patty Mixed Fruit Cup 100% Fruit Juice / Milk	17 Double Stuffed Crust Cheese Pizza Caesar Salad Whole Grain Gold Fish Warm Cherry Crisp w/Whip Topping Chilled Fruit / Milk
20 Washington and Lincoln's Birthday 	21 Winter Vacation	22 Winter Vacation	23 Winter Vacation	24 Winter Vacation
27 Baked Mozzarella Sticks W/Warm Marinaria Sauce Buttered Rotini Seasoned Green Beans Warm Bread Stick Chilled Fruit / Milk	26 Crispy or Buffalo Style Chicken Patty on Wheat Bun Mashed Potatoes Sweet Peas Chilled Fruit / Milk	29 General T'So Chicken w/ Rice Oriental Vegetables Warm French Bread Fortune Cookie Pineapple w/ Cherries Milk 	All Lunch's \$2.50 Includes: Entree, Milk, Veggies, Fruit OR CHOICE OF: Salad Bar or Assorted Sandwiches Menu Subject to Change without notice! Date: M. Nikolik, FSD dnikolik@slrnsd.org	