

FEBRUARY 2012

EDINA ELEMENTARY SCHOOL MENU

MONDAY

Main Event

Combo Meal - \$2.25

Reduced Meal - \$.40

Milk - \$.50

TUESDAY

- **Gluten free products are available- Contact the food service at your school.**
 - **All food offered contains no peanuts or tree nuts. Our Subs are made with Jennie-O Turkey & Turkey Ham**
- * =Pork Product
V =Vegetarian Entree

WEDNESDAY

- Choose One: 1**
Beef Hot Dog, Chicken Tenders, Garden Salad (V)
Turkey Sandwich
- May Choose Two to Four:**
Baked Beans, Tossed Salad, Tomatoes, Peaches in Juice, Kiwi, Bananas, Fruit Juice, Wheat Bread, Skim, 1% or Choc. Skim Milk

THURSDAY

- Choose One: 2**
Italian Dunker, Hamburger, Garden Salad (V)
Turkey Sandwich
- May Choose Two to Four:**
Carrots, Celery Sticks, Pears in Juice, Caesar Salad, Grapes, Fruit Juice, Wheat Bread, Skim, 1% or Choc. Skim Milk

FRIDAY

- Choose One: 3**
Fish Taco (V), Chicken Patty, Garden Salad (V)
Turkey Sandwich
- May Choose Two to Four:**
Red Beans & Brown Rice, Pineapple in Juice, Tossed Salad, Fresh Fruit & Veggies, Fruit Juice, Wheat Bread, Skim, 1% or Choc. Skim Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:633 Vitamin A: 6300 IU Vitamin C: 56.6 Mg Total Fat 16.1 g
% OF TARGET Calories: 98% Vitamin A: 597% Vitamin C: 377% Total Fat 22.8%

Choose One: 6

- Grilled Cheese (V), Chicken Wild Rice Soup, Taco Salad Sunflower Butter & Jelly Sandwich (V)
- May Choose Two to Four:**
Green Beans, Broccoli, Applesauce, Tossed Salad, Grapes, Fruit Juice, Wheat Bread, Skim, 1% or Choc. Skim Milk

Choose One: 7

- Fresh Baked Cheese Pizza (V), Pepperoni Pizza, Hamburger, Taco Salad Sunflower Butter & Jelly Sandwich (V)
- May Choose Two to Four:**
Caesar Salad, Cucumbers, Fruit Cocktail, Strawberries, Fruit Juice, Wheat Bread, Skim, 1% or Choc. Skim Milk

Choose One: 8

- Sloppy Joes, Chicken Patty, Taco Salad, Sunflower Butter & Jelly Sandwich (V)
- May Choose Two to Four:**
Spinach, Tomatoes, Kiwi, Bananas, Pears in Juice, Cole Slaw, Fruit Juice, Wheat Roll, Skim, 1% or Choc. Skim Milk

Choose One: 9

- Chicken Nuggets, Hamburger, Taco Salad, Sunflower Butter & Jelly Sandwich (V)
- May Choose Two to Four:**
Sweet Potato Fries, Celery Sticks, Peaches in Juice, Caesar Salad, Grapes, Fruit Juice, Wheat Bread, Skim, 1% or Choc. Skim Milk

Choose One: 10

- Mac & Cheese (V), Chicken Patty, Taco Salad, Sunflower Butter & Jelly Sandwich (V)
- May Choose Two to Four:**
Sweet Potato Fries, Broccoli, Strawberries, Tossed Salad, Fresh Oranges & Veggies, Fruit Juice, Wheat Bread, Skim, 1% or Choc. Skim Milk

NUTRIENT ANALYSIS- AVERAGE: Calories: 850 Vitamin A:7491 IU Vitamin C: 64.2 Mg Total Fat 34.5g
% OF TARGET Calories: 132% Vitamin A: 710% Vitamin C: 428% Total Fat 36.5%

Choose One: 13

- Cheese Quesadilla (V), Vegetable Egg Roll (V), Popeye Salad, Turkey Ham Sandwich
- May Choose Two to Four:**
Red Beans & Brown Rice, Broccoli, Peaches in Juice, Tossed Salad, Grapes, Fruit Juice, Wheat Bread, Skim, 1% or Choc. Skim Milk

Choose One: 14

- Fresh Baked Cheese Pizza (V) or Pepperoni Pizza, Hamburger, Popeye Salad, Turkey Ham Sandwich
- May Choose Two to Four:**
Caesar Salad, Cucumbers, Mandarin Oranges in Juice, Strawberries, Fruit Juice, Wheat Bread, Skim, 1% or Choc. Skim Milk

Choose One: 15

- Beefy Nachos, Chicken Patty, Popeye Salad (V), Turkey Ham Sandwich
- May Choose Two to Four:**
Steamed Carrots, Tomatoes, Kiwi, Bananas, Applesauce, Tossed Salad, Fruit Juice, Wheat Roll, Skim, 1% or Choc. Skim

Choose One: 16

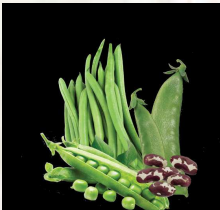
- Turkey w/ Gravy, Cheese Burger, Popeye Salad(V), Turkey Ham Sandwich
- May Choose Two to Four:**
Mashed Potatoes, Celery Sticks Pineapple in Juice, Caesar Salad, Grapes Fruit Juice, Wheat Bread, Skim, 1% or Choc. Skim Milk

Choose One: 17

- Fish Fillet (V), Chicken Patty, Popeye Salad (V), Turkey Ham Sandwich
- May Choose Two to Four:**
Sweet Potato Fries, Tuscan Bean Salad, Fruit Cocktail, Tossed Salad, Fresh Fruit & Veggies, Fruit Juice, Wheat Bread, Skim, 1% or Choc.

NUTRIENT ANALYSIS- AVERAGE: Calories:629Vitamin A:7246 IU Vitamin C: 57.9 Mg Total Fat16.1g
% OF TARGET Calories: 98% Vitamin A: 687% Vitamin C: 386% Total Fat 23.1%

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Choose One: 21

- Spinach & Tomato Flatbread Pizza (V) or Pepperoni Pizza, Hamburger, Garden Salad (V) Turkey & Cheese Wrap
- May Choose Two to Four:**
Caesar Salad, Cucumbers, Fruit Cocktail, Strawberries, Fruit Juice, Wheat Bread, Skim, 1% or Choc. Skim Milk

Choose One: 22

- Vegetable Pot Stickers (V) Grilled Cheese(V), Garden Salad (V) Turkey & Cheese Wrap
- May Choose Two to Four:**
Brown Rice, Tomatoes, Kiwi, Bananas, Pears in Juice, Tossed Salad, Wheat Bread, Skim, 1% or Choc. Skim Milk

Choose One: 23

- French Toast Sticks & Turkey Sausage, Hamburger, Garden Salad (V) Turkey & Cheese Wrap
- May Choose Two to Four:**
Cooked Carrots, Celery Sticks Pineapple in Juice, Caesar Salad, Grapes, Fruit Juice, Wheat Bread, Skim, 1% or Choc. Skim Milk

Choose One: 24

- Bean & Cheese Burrito (V), Chicken Patty, Garden Salad (V), Turkey & Cheese Wrap
- May Choose Two to Four:**
Corn, Applesauce, Fresh Fruit & Veggies, Fruit Juice, Tossed Salad, Wheat Bread Skim, 1% or Choc. Skim Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:605 Vitamin A:5582 IU Vitamin C: 48.2 Mg Total Fat18.2g
% OF TARGET Calories: 94% Vitamin A: 529% Vitamin C: 322% Total Fat 27.1%

Choose One: 27

- Pasta & Marinara Sauce (V), Chicken Patty, Chicken Caesar Salad Hummus Wrap (V)
- May Choose Two to Four:**
Fresh Steamed Broccoli, Pears in Juice, Tossed Salad, Grapes, Wheat, Bread, Skim, 1% or Choc.

Choose One: 28

- Fresh Baked Cheese Pizza (V) or Pepperoni Pizza, Hamburger, Chicken Caesar Salad, Hummus Wrap (V)
- May Choose Two to Four:**
Caesar Salad, Cucumbers, Mandarin Oranges in Juice, Strawberries, Fruit Juice, Wheat Bread, Skim, 1% or Choc. Skim Milk

Choose One: 29

- Soft Shell Beef Taco, Chicken Tenders, Chicken Caesar Salad Hummus Wrap (V)
- May Choose Two to Four:**
Green Beans, Tomatoes, Pineapple, Kiwi, Bananas, Tossed Salad, Wheat, Bread, Skim, 1% or Choc. Skim Milk

Baby carrots / Carrots sticks are offered everyday.
Oranges are offered on Monday, Wednesday and Friday.
Apples are offered on Tuesday and Thursday.
Lactaid Milk is available.

Additional Nutritional Information is on the Edina School web site under Food & Nutrition