

Comal ISD Elementary School Breakfast Menu February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Danimals Crush Cup Yogurt Whole Wheat (WW) Toast	2 Cinnamon Toast Turkey Sausage Patty	3 Scrambled Eggs WW Toast
6 English Muffin w/ Cream Cheese Bacon	7 Pancakes	8 Yogurt Parfait Graham Crackers	9 French Toast Sticks	10 Chicken Biscuit
13 Danimals Crush Cup Yogurt Whole Wheat (WW) Toast	14 Pancake on a Stick	15 Sausage Breakfast Pizza	16 Cinnamon Toast Turkey Sausage Patty	17 Homemade Cinnamon Roll
20 Student Holiday	21 Breakfast Taco w/ Salsa	22 Homemade Kolache	23 Hot Ham & Cheese Biscuit	24 Oatmeal w/ Topping Bar
27 Yogurt Parfait Graham Crackers	28 Whole Grain (WG) Fruit Muffin Turkey Sausage Patty	29 Danimals Crush Cup Yogurt Whole Wheat (WW) Toast	Choice of milk, fresh fruit, pure fruit juice, cereal and toast offered daily.	

Menu subject to change subject to availability of product.

Eat more dark green vegetables like collards! They're packed with nutrients like vitamins A, C, and K, and folate to keep you looking and feeling good.

Try Collard Greens:

- *Boiled and drizzled with olive oil and lemon juice*
- *Steamed with black-eyed peas and brown rice for a Southern inspired meal*
- *Sauteed with garlic and crushed chili peppers*
- *Fresh raw chopped added to a salad*

In Brazil and Portugal, collards are commonly eaten in soup or as a side dish sautéed with oil, garlic, and onion.



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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Whole Grain (WG) Cheeseburger Mac Green Beans Fresh Baked Roll Applesauce (WG Chicken Sticks)	2 Cheeseburger or Spicy Chicken Burger on WG Bun Shredded Lettuce Tomato Seasoned Fries Diced Peaches	3 Pepperoni or Cheese Pizza on WG Crust Spinach Pineapple Tidbits (Fish Treasures)
6 Shepherd'S Pie Fresh Green Salad Diced Pears (Turkey & Cheese Sub)	7 Beefy Nachos Mixed Green Lettuce & Tomato Spanish Rice Sweet Yellow Corn or Diced Peaches (Hotdog on WG Bun)	8 WG Chicken Nuggets Steamed Carrots Rosy Applesauce (Grilled Cheese on Whole Wheat & Homemade Soup)	9 Hamburger or Spicy Chicken Burger on WG Bun Shredded Lettuce Tomato Baked Fries Diced Pears	10 Cheeseburger or Cheese Pizza on WG Crust Fresh Garden Salad Fruit Cocktail (Baked Fish Fillet Sandwich)
13 Steak Fingers Whipped Potatoes Cream Gravy Diced Pears (Ham & Cheese Wrap)	14 Two Crispy Beef Tacos w/ Fresh Taco Trimmings Spanish Rice or Pinto Beans Pineapple Tidbits (Spicy Chicken Caesar Salad)	15 WG Chicken Strips Broccoli w/ Cheese Sauce Mandarin Oranges (Ham Sub Sandwich)	16 Cheeseburger or Spicy Chicken Burger on WG Bun Romaine Blend Lettuce Tomato Crinkle Potatoes Fruit Cocktail	17 Pepperoni or Cheese Pizza on WG Crust Spinach Pineapple Tidbits (Fish Treasures)
20 Student Holiday	21 Enchiladas Black Beans or Sweet Yellow Corn Strawberry Glazed Bananas (Corn Dog)	22 WG Popcorn Chicken Mac & Cheese California Mixed Vegetables Rosy Applesauce Fresh Baked Roll (Steak Fingers)	23 Hamburger or Spicy Chicken Burger on WG Bun Shredded Lettuce Tomato Baked Fries Chilled Peaches	24 Cheeseburger or Cheese Pizza on WG Crust Fresh Garden Salad Fruit Cocktail (Baked Fish Fillet Sandwich)
27 Chicken Nuggets Whipped Potatoes Cream Gravy Sweet Green Peas Mandarin Oranges (Ham & Cheese or Vegetable Wrap)	28 Hand Rolled Beef & Bean Burrito Steamed Zucchini & Yellow Squash Steamed Broccoli Fruit Cocktail (Loaded Chef Salad)	29 Whole Grain (WG) Cheeseburger Mac Green Beans Fresh Baked Roll Applesauce (WG Chicken Sticks)	Offered daily: Choice of milk and seasonal fresh fruit (Alternate entrée listed in parenthesis) Menu subject to change subject to availability of product.	



Go to MyPyramid.gov for online personal wellness resources for you and your family.

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Did you know?

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

To learn more about Chartwells go to www.EatLearnLive.com