



BLISSFIELD ELEMENTARY LUNCH MENU FEBRUARY 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><u>PARENTS NEW WEB-SITE</u> Please deposit money into your child's breakfast or lunch account.</p> <p>You can view your students account and make a deposit to their account on the internet.. Go to Send-MoneyToSchool.com Breakfast is \$1.50 x days. Lunch is \$2.30 x days. Extra milk is \$.50. Any questions please call (517)486-2148 ext. 222</p> <p>SALADS ARE OFFERED DAILY MONDAY - THURS. AS A CHOICE TO DAILY MENU FRIDAY</p> <p>CHOICE TO DAILY MENU IS SACK DAY 100% FRESH CHOICE OF MILK : 1% WHITE, OR FAT FREE CHOC. OR STRAWBERRY.</p>	<p>Because of the changes with the Hunger Free Kids Act, We need to serve more Dark orange and Green Vegetables on the menu along with low fat milk. Also one legume (beans and lentils) a week. It teaches our kids there are a lot more vegetables out there that they may or may not of been introduced to .</p>		<p>1 Beef Taco W/Cheese Refried Beans Applesauce Cup 1% Milk</p> <p>Cals 463 Sod 770 Prot 28.7 Carb 42.3 T Fat 20.5 S. Fat 9.8</p>	<p>2 Whole Grain Chicken Nuggets Romaine Tossed Salad Orange Slices 1% Milk</p> <p>Cals 354 Sod 557 Prot 23.5 Carb 42.6 T Fat 10.5 S.Fat 3.6</p>	<p>3 Cheeseburger on a Whole Grain Bun Potato Smiles Mixed Fruit 1% Milk</p> <p>Cals 604 Sod 983 Prot 32.7 Carb 56.2 T Fat 28.0 S. Fat 14.1</p>	<p>MENU IS SUBJECT TO CHANGE. NOTICE WILL BE GIVEN</p> <p>ALL SANDWICHES SERVED ON</p>
	<p>6 Twisted Edge Pizza Veggie Sticks Diced Peaches 1% Milk</p> <p>Cals 595 Sod 1153 Prot 28.8 Carb 84.1 T Fat 18.7 S. Fat 6.6</p>	<p>7 Spaghetti W/Meat Sauce Cheese Stuffed Breadstick Hot Carrots Grapes 1% Milk</p> <p>Cals 681 Sod 897 Prot 33.9 Carb 105.8 T Fat 13.7 S. Fat 5.9</p>	<p>8 Chili Cheese Potato Wedges Romaine Lettuce & Tomatoes Diced Pears 1% Milk</p> <p>Cals 465 Sod 579 Prot 22.7 Carb 63.0 T Fat 14.6 S. Fat 5.4</p>	<p>9 Mini Bosco's (2) W/Sauce Trix Yogurt Butter Beans Pineapple 1% Milk</p> <p>Cals 445 Sod 987 Prot 25.4 Carb 67.1 T Fat 9.1 S. Fat 4.5</p>	<p>10 Mini Cheeseburgers Cosmic Creations Veggie Sticks Apple Slices 1% Milk</p> <p>Cals 563 Sod 933 Prot 22.8 Carb 78.9 T Fat 17.9 S. Fat 6.1</p>	<p>WHOLE GRAIN BUNS</p> <p>In accordance with Federal Law and US Department of Agriculture policy, this institution is prohibited from</p>
	<p>13 Big Daddy's Pizza Carrots & Dip Applesauce Cup 1% Milk</p> <p>Cals 473 Sod 756 Prot 29.8 Carb 63.8 T Fat 11.3 S. Fat 5.9</p>	<p>14 Heart Shaped Chicken Nuggets Valentine Treat Mashed Potatoes Romaine Tossed Salad Strawberries 1% Milk</p> <p>Cals 897 Sod 2354 Prot 32.5 Carb 127.4 T Fat 28.3 S. Fat 6.9</p>	<p>15 Nachos W/Meat & Cheese Refried Beans & Tomatoes Fruit Mix 1% Milk</p> <p>Cals 576 Sod 895 Prot 34.0 Carb 51.3 T Fat 26.7 S. Fat 12.6</p>	<p>16 Whole Grain Corn Dog Green Beans Diced Peaches 1% Milk</p> <p>Cals 383 Sod 879 Prot 18.5 Carb 54.2 T Fat 10.8 S. Fat 3.5</p>	<p>17 Chicken Alfredo Corn Whole Wheat Roll Mandarin Oranges 1% Milk</p> <p>Cals 762 Sod 1095 Prot 46.7 Carb 79.6 T Fat 27.8 S. Fat 16.0</p>	<p>discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, of Adjudication, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have a speech</p>
	<p>20 NO SCHOOL</p>	<p>21 Pepperoni Calzone Veggie Sticks Apple 1% Milk</p> <p>Cals 559 Sod 819 Prot 32.0 Carb 74.4 T Fat 15.7 S. Fat 6.6</p>	<p>22 Beef Taco W/Cheese Shredded Romaine Lettuce Diced Pears 1% Milk</p> <p>Cals 447 Sod 419 Prot 25.6 Carb 43.4 T Fat 19.6 S. Fat 9.4</p>	<p>23 Chicken Poppers Mashed Potatoes String Cheese Cherry Crisp 1% Milk</p> <p>Cals 1011 Sod 2622 Prot 30.9 Carb 145.3 T Fat 33.5 S. Fat 9.2</p>	<p>24 National Chili Day Grilled Cheese Chili Baby Carrots Applesauce Cup 1% Milk</p> <p>Cals 709 Sod 1246 Prot 37.4 Carb 91.4 T Fat 22.2 S. Fat 11.1</p>	<p>disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6436 (Spanish). USDA is an equal opportunity provider and employer.</p>
	<p>27 Chic. Quesadilla Pizza Romaine Tossed Salad Pineapple 1% Milk</p> <p>Cals 489 Sod 630 Prot 27.7 Carb 64.3 T Fat 14.5 S. Fat 6.6</p>	<p>28 Macaroni & Cheese Baked Beans Applesauce 1% Milk</p> <p>Cals 769 Sod 1385 Prot 36.6 Carb 110.6 T Fat 20.6 S. Fat 10.0</p>	<p>29 Orange Chicken Stir Fry Rice Romaine Salad Fortune Cookie Grapes 1% Milk</p> <p>Cals 500 Sod 6.3 Prot 26.4 Carb 71.3 T Fat 13.2 S. Fat 4.3</p>			