

Child Nutrition Services
 Harrah Public Schools
 Middle School, Junior High & Senior High
 Child Nutrition Services 2011-2012

Day	Menu	Ingredients	Menu	Ingredients	Menu	Ingredients
Monday	Jan - 30	Submarine Sandwich Chicken Pot Pie Mashed Potatoes Rosy Applesauce Mixed Fruit Lettuce/Tom/Pickles Baked Sunchips Milk	Jan - 31	Totally Taco Soup Frontier BBQ Sandwich Chicken Fajitas Mozzarella Cheesy Bread Chicken Fajitas Pigs in a Blanket Chicken Strips Mazzio's Cheese Pizza	Feb - 1	Chicken Fajitas Mozzarella Cheesy Bread Chicken Strips Mazzio's Cheese Pizza Mazzio's Sausage Pizza Mazzio's Pepperoni Pizza Tri-Tator Mazzio's Sausage Sandwich Seasoned Corn Broccoli & Baby Carrots w/ Ranch Dressing Mixed Fruit Salad Pineapple Chunks Warm Cinnamon Apples Milk
Tuesday	Feb - 6	CHICKEN TAMALE PIE Turkey & Cheese Sub Refried Beans Lettuce/Tom/Pickles Oven Fries Apple Wedges Sliced Peaches Lettuce/Tom/Pickles Broccoli & Baby Carrots Hamburger on a Bun Mashed Potatoes Steak Fingers Soft Tacos	Feb - 7	Hamburger on a Bun Chicken Strips Oven Fries Apple Wedges Sliced Peaches Lettuce/Tom/Pickles Broccoli & Baby Carrots Juice Milk	Feb - 8	Soft Tacos Steak Fingers Mashed Potatoes w/ Cream Gravy Sweet Green Peas Shred Lettuce & Tomatoes Diced Peaches Strawberry Shortcake Milk
Tuesday	Feb - 13	Oven Roasted Chicken Spaghetti/Meat Sauce Mashed Potatoes w/ Cream Gravy Seasoned Corn Strawberries & Bananas Orange Wedges Soft Breadstick Milk	Feb - 14	Taco Salad Chicken Nuggets Mashed Potatoes w/ Cream Gravy Shred Lettuce & Tomatoes Sweet Green Peas Apple Wedges Oatmeal Cookie Milk	Feb - 15	Frito Chili Pie Pinto Beans with Ham Tator Tots Broccoli & Baby Carrots w/ Ranch Dressing Diced Peaches Fresh Grapes Cornbread Milk
Tuesday	Feb - 20	NO SCHOOL TODAY	Feb - 21	Ham & Cheese Melt Pickle Spears Beef and Bean Burrito w/ Chili & Cheese Peas & Carrots Orange Wedges Diced Peaches Warm Cinnamon Apples Milk	Feb - 22	Philly Beef Sandwich Chicken Parmesan Steamed Rice Mixed Vegetables Strawberries & Bananas Pineapple Chunks Wacky Cake Milk
Thursday	Feb - 9	Baked Ham Salisbury Steak Macaroni & Cheese Mashed Potatoes w/ Brown Gravy Green Beans Broccoli & Baby Carrots w/ Ranch Dressing Mixed Fruit Salad Pineapple Chunks Chocolate Chip Cookies Milk	Feb - 16	Hot Dog on a Bun w/ Chili Hamburger on a Bun Mashed Potatoes Oven Fries Seasoned Green Beans Lettuce/Tom/Pickles Sliced Peaches Orange Wedges Milk	Feb - 23	Meat Loaf Turkey & Gravy Mashed Potatoes Seasoned Green Beans Corn on the Cob Sliced Peaches Fresh Grapes Hot Rolls Milk
Friday	Feb - 3	Mazzio's Cheese Pizza Mazzio's Pepperoni Pizza Mazzio's Sausage Pizza Fajita Chicken Wrap Mixed Vegetables Broccoli & Baby Carrots w/ Ranch Dressing Mixed Fruit Salad Pineapple Chunks Warm Cinnamon Apples Milk	Feb - 17	Mazzio's Cheese Pizza Mazzio's Pepperoni Pizza Mazzio's Sausage Pizza Nachos w/ Meat & Queso Blanco Sauce Refried Beans Mixed Vegetables Fresh Grapes Fruit Cocktail Vanilla Pudding Milk	Feb - 24	Mazzio's Cheese Pizza Mazzio's Pepperoni Pizza Mazzio's Sausage Pizza Hamburger on a Bun Oven Fries Garden Salad Carrots & Celery Sticks w/ Ranch Dressing Applesauce Oatmeal Cookie Milk

*N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.
 * - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Monday	Feb - 27	Nachos w/ Meat & Queso Blanco Sauce Chicken & Noodles Sweet Green Peas Sliced Peaches Fresh Grapes Juice Choc Chip & Oatmeal Bar Milk
Tuesday	Feb - 28	Steak Sandwich Beefy Macaroni Seasoned Corn Steamed Broccoli w/ Cheese Sauce Oven Fries Diced Peas Orange Wedges Milk
Wednesday	Feb - 29	Ground Beef Stew Soft Taco Shred Lettuce & Tomatoes Tator Tots Steamed Baby Carrots Mixed Fruit Sliced Peaches Crackers Milk
Thursday	Mar - 1	Spagheti/Meat Sauce Hamburger on a Bun Oven Fries Seasoned Green Beans Lettuce/Tom/Pickles Frozen Fruit Bar Soft Breadstick Milk
Friday	Mar - 2	Mazzio's Cheese Pizza Mazzio's Sausage Pizza Mazzio's Pepperoni Pizza Turkey Wrap Oven Fries Mixed Vegetables Broccoli & Baby Carrots w/ Ranch Dressing Fruit Cocktail Strawberries & Bananas Milk

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