



The School District of Palm Beach County

www.palmbeachschools.org/sfs

Career Academies



Secondary Lunch Menu January 2012

Parents are encouraged to prepay online for students meals. The link is provided on our website.

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>10 Traditional or Fiesta Beefaroni w/Breadstick Corndog Chicken Tender Salad Muffin Platter California Blend</p>	<p>11 Barbecued Chicken Hot Ham & Cheese Sandwich Chef Salad PB & J & Cheese Stick Cornbread Stuffing* Sweet Potato Bake</p>	<p>12 Cuban Pork w/Roll Chicken Patty Sandwich Mandarin Chicken Salad Muffin Platter Black Beans Mixed with Rice* Sliced Sweet Plantains</p>	<p>13 "Fresh From the Farm" Fiesta Pizza Fish Sandwich Chicken Parmesan Sub PB & J & Cheese Stick Corn-on-the-Cob</p>
<p>Daily Offerings Monday/Wednesday/Friday PB & J & Cheese Stick Tuesday/Thursday Muffin, Yogurt, & Cheese</p>	<p>17 Cheeseburger Hot Dog Yogurt Parfait Muffin Platter Baked Beans</p>	<p>18 Chicken Tenders w/Roll Sloppy Joe Sandwich Taco Salad PB & J & Cheese Stick Sweet Potato Wedges</p>	<p>19 Meatloaf w/Roll Gravy Chicken Patty Sandwich Simply Salad Muffin Platter Mashed Potatoes</p>	<p>20 "Fresh From the Farm" General TSO Chicken w/Rice Pizza PB & J & Cheese Stick Fresh Green Beans</p>
<p>23 Macaroni & Cheese w/Roll Meatball Sub Turkey & Cheese Sandwich PB & J & Cheese Stick Broccoli</p>	<p>24 Meatless Lasagna or Stuffed Shells w/Breadstick Corndog Chicken Tenders Salad Muffin Platter Italian Green Beans</p>	<p>25 Oven Roast Chicken w/Roll Cheesy Burrito Mandarin Chicken Salad PB & J & Cheese Stick Brown Rice* Spinach with Cheese</p>	<p>26 Early Release Day/Late Start Day Manager's Choice One Hot Entrée and One Cold Entrée <i>See Explanation Box</i></p>	<p>27 "Fresh From the Farm" Taco Pie Stuffed Crust Pizza Hamburger PB & J & Cheese Stick Brown Rice* Corn-on-the-Cob</p>
<p>30 Chicken Tenders w/Roll Vegetarian Chili w/Corn Chips Submarine Sandwich PB & J & Cheese Stick Brown Rice* Caribbean Blend</p>	<p>31 Spaghetti & Meat Sauce or Meatballs w/Breadstick Grilled Cheese Sandwich Chicken BLT Salad Muffin Platter Sweet Peas</p>	<p>On Early Release Days and Late Start Days School Food Service Managers will choose one hot entrée and one cold entrée to serve from the choices below:</p> <p>Hot Choices Hot Ham & Cheese Sandwich Chicken Patty Sandwich Mini Cheeseburger Sliders Corndog</p> <p>Cold Choices PB & J & Cheese Stick Turkey & Cheese Sandwich Hoagie</p>		<p>To find nutrition facts about school meals, visit Health-e Living! The link is provided on our website!</p>

For a complete meal, students may select one entrée (which may include a **GRAIN/BREAD & MEAT/MEAT ALTERNATE**), two different **FRUITS/VEGETABLES** and a **CHOICE OF MILK**. Each day: a **WHOLE GRAIN BREAD PRODUCT**, (2) **FRESH FRUITS**, (2) **CUPPED FRUITS**, (2) **SALAD CUPS**, (1) **SPECIALTY ENTRÉE SALAD (T/W/TH)**, **100% FRUIT JUICE** and a **CHOICE OF MILK** are offered. An asterisk (*) indicates a **BONUS ITEM**. The **BONUS ITEM** may be selected as an extra bread/grain in addition to the bread/grain that already comes with the main entrée. Menu is subject to changes.

Did you know that the chocolate milk offered to students in Palm Beach County is *fat-free* and *does not* contain any high fructose corn syrup? This chocolate milk is low in carbohydrates and calories and is a great way for students to get their daily dose of calcium, protein, potassium, phosphorus, riboflavin and vitamins A, D, and B12. Chocolate milk is also a great post-exercise beverage. It provides a good balance of carbohydrates and protein to help refuel after strenuous physical activities.

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