






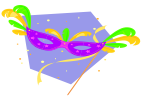

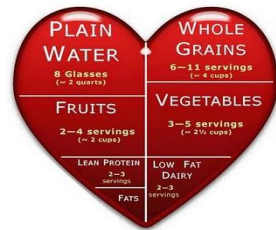


ISL CAFE'

February 2012

Eat right for a Healthy Heart

Getting to the Heart of the Matter

Monday	Tuesday	Wednesday	Thursday	Friday	FYI
<p>All meals are served with a variety of low fat & fat free milk.</p> <p>Menu is subject to change due to availability of foods and special events.</p>	<p><u>Student Meal Prices</u></p> <p>Breakfast Full \$1.50 Reduced \$0.30</p> <p>Lunch Full \$2.10 Reduced \$0.40</p>	<p>-1- Assorted Cereal, fruit Cinnamon Raisin Toast</p> <p>Brown Bag Lunch</p>  <p>½ Day **Noon Dismissal**</p>	<p>-2- Hash brown, Cheese Omelet, Toast, Fresh Fruit</p> <p>Whole Grain Rotini Alfredo Roasted Chicken Steamed Mixed Vegetables Fresh Fruit Salad, Wheat roll</p> <p>Vegetarian: Whole Grain Rotini Alfredo</p>	<p>-3- Blueberry Muffins, Fruit Scrambled Eggs</p> <p>Breaded Fish Patty Wheat Bun Fresh Romaine Salad Whole Kernel Corn Fresh Fruit</p> <p>Vegetarian: Garden Burger</p>	<p>Let's get to the Heart of the Matter</p> 
<p>-6- Pancake Bites, Fresh Fruit</p> <p>Red Beans, Brown Rice Fresh Romaine Salad Chilled Fruit Cup Warm Cornbread</p> <p>Vegetarian: Vegetarian Red Beans & Rice</p>	<p>-7- Oatmeal Cinnamon toast, Fresh Fruit</p> <p>Soup & Salad</p> <p>Grilled Chicken Caesar Salad "Soup-er Bowl" of Potato Soup Fresh Fruit Assorted Crackers</p> <p>Vegetarian: Supreme Salad w/ Tofu</p>	<p>-8- Assorted Cereal Sunbutter Toast, Fruit</p> <p>Whole Wheat Spaghetti Meat Sauce Steamed Green Peas Fresh Fruit Salad, Wheat Roll</p> <p>Vegetarian: Vegetarian Spaghetti Casserole</p>	<p>-9- Waffle Sticks, Turkey Sausage, Fresh fruit</p> <p>Turkey and Cheese Mini Sub Spinach/Lettuce/Tomatoes Dill Pickle Spears Fresh Fruit</p> <p>Vegetarian: Vegetarian Mini Sub</p>	<p>-10- Sausage and Egg Burrito, Fresh Fruit</p> <p>Chicken Mozzarella Pita Fresh Garden Salad Fresh Fruit Gelatin Cup</p> <p>Vegetarian: Garden Mozzarella Pita</p>	 <p>Healthy Heart Foods Salmon, Oatmeal, flaxseed, Black or Kidney Beans, Almonds, Walnuts, Tuna, Tofu, Brown Rice, Soy Milk, Blueberries, Spinach, and many more.</p>
<p>-13- Croissant, Turkey Sausage, Fresh Fruit</p> <p>Chicken & Sausage Gumbo Steamed Brown Rice Fresh Garden Salad, Fruit Salad French Bread Medallion</p> <p>Vegetarian: Hearty Vegetable Soup</p>	<p>-14- Pancakes Turkey Sausage Patties, Fresh Fruit</p> <p>Savory Salisbury Steak Mashed Potatoes Steamed Mixed Vegetables Fresh Fruit Salad, Wheat Roll</p> <p>Vegetarian: Supreme Veggie Casserole</p>	<p>-15- Hashbrown, Turkey Sausage, Wheat toast, Fruit</p> <p>Home Style Navy Beans Steamed Brown Rice Fresh Spinach Salad Chilled Fruit Cup Warm Cornbread</p> <p>Vegetarian Navy Beans</p>	<p>-16- Assorted Cereal, Graham Crackers, Fresh fruit</p> <p>Chili Con Carne Supreme Mashed Potatoes Fresh Fruit Assorted Crackers</p> <p>Vegetarian: Vegetarian Chili</p>	<p>-17- Apple Cinnamon Muffin, Yogurt, Fresh Fruit</p> <p>-Try it before you deny it- Turkey Hot dog on bun Baked Beans Tossed Salad, Fresh Fruit Gelatin Cup</p> <p>Vegetarian: Garden Burger</p>	<p>Healthy Snack Idea Fresh Fruit/Vegetables</p> 
-20-	-21-	-22-	-23-	-24-	<p>Let's Go</p>  <p>Green Tray-less Thursday Going Green -- One day and one tray at a time</p>
 <p>Mardi Gras Break (School Closed)</p>					
<p>-27- Wheat Belgium Waffles Scrambled Eggs, fresh fruit</p> <p>Red Beans & Brown Rice Fresh Spinach Salad Baked Cinnamon Apples Warm Cornbread</p> <p>Vegetarian: Vegetarian Red Beans</p>	<p>-28- Warm Biscuits, Turkey Sausage Fresh Fruit</p> <p>Tuna Salad Fresh Garden Salad Assorted Crackers Fresh Fruit</p> <p>Vegetarian: Hummus Vegetable Wheat Wrap</p>	<p>-29- Assorted Cereal, Sunbutter Toast, Fresh Fruit</p> <p>Garlic Roast Chicken Wild Rice Steamed Mixed Veggies Fresh Fruit Salad Wheat Roll</p> <p>Vegetarian: Wild rice</p>	<p>Salad Bar Available Daily</p> 		<p>Vegetarian Meals</p> <p>A specific number of vegetarian meals are prepared daily for students with a vegetarian diet plan.</p>