



Lincoln Roosevelt Lunch Menu

Lunch Price \$ 3.25

Free and reduced price lunches (\$.40) available for eligible students

Lunch tickets 5 day \$ 15.75 10 Day \$ 31.50 15 day \$ 47.25 20 day \$ 63.00

Visit our website www.roxbury.org/foodservices to view menus

Snacks and ice cream \$.50—\$ 1.50

February 2012



Lunch served with choice of Fresh Fruits , 100 % Juice Vegetables , Shaker Salads

Choice of Milk
1% white or flavored
Fat free



Daily Specials

Monday Hot dog
Tuesday Nachos & Cheese
Wednesday Grilled Cheese
Thursday Chicken Patty
Friday Calzones



Bagel lunch ,
Uncrustables Cereal & milk
Assorted Sandwiches
choice of bread , rolls,
bagels or wraps served
daily



The Greens



Fresh made
salads

Week One:

Chicken Caesar Salad

Week Two:

Chef's Salad

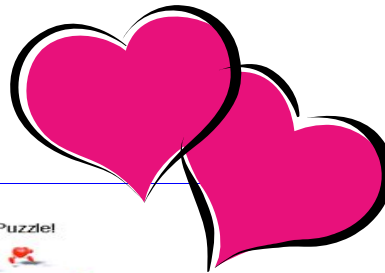
Week Three:

Garden salad with choice of Tuna, egg salad , chicken strips, hard boiled eggs

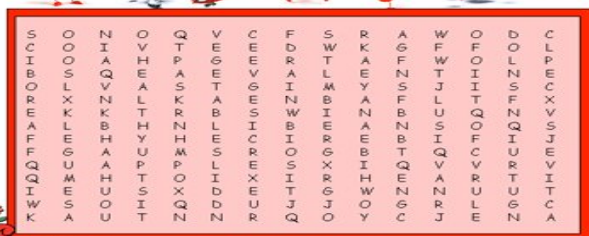
Week Four:

Greek Salad

Mon	Tue	Wed	Thu	Fri
January 30 Chicken Smorgasbord Seasoned fries Biscuit	January 31 Two Cheesy Breadsticks Marinara sauce Shaker salad	1 Brunch for Lunch French Toast Scrambled eggs Hash brown	2 Ground Hog Day Hot Taco Salad Seasoned rice Churro	3 Big Daddy's Pizaza
6 Pretzel Hot Dogs Mac & Cheese	7 Popcorn Chicken Dipping sauces Mashed potatoes Biscuit frz fruit	8 Lunch Munchers Bagel & spreads Gogurt Cheese stick Fresh baked cookie	9 Finger Food Day meatballs & mozzarella sticks Italian bread	10 Pizaza Mania
13 Make your own Chicken patty Bag of popcorn	14 Valentine's Day Pizaza sticks Marinara sauce Shaker salad Valentine Cookie	15 WWW Wild Wing Wednesday Seasoned wings Dipping sauce Sweet potato fries	16 Big Daddy's Pizaza	17 Schools are Closed
20 Schools are Closed	21 Chicken or cheese Quesadilla Salsa sour cream Spanish rice Frozen fruit cup	22 Ash Wednesday Brunch for Lunch French Toast Scrambled eggs Hash browns	23 Hot Taco Salad Seasoned rice Churro	24 Pizaza Mania
27 Chicken Nuggets Dipping sauces Mashed potatoes Biscuit frz fruit	28 Chicken fryz Dipping sauces Mashed potatoes Biscuit frz fruit	29 Leap Day Breakfast Sandwich on bagel Egg Ham , Cheese Potato pancakes		



Chef Solus Valentine's Day Healthy Heart Word Search Puzzle!



APPLES FIBER BEANS HEART VALENTINE LOWFAT EXERCISE VEGETABLES LEGUMES ACTIVE NUTS HEALTHY AEROBICS NUTRITION



Visit us for more fun & healthy activities, printable and health information, webinars. www.ChefSolus.com One Health Connection, Inc. is a 501(c)(3) non-profit organization. © Copyright 2012 Chef Solus. All Rights Reserved.