



THE BOW KIDS CAFÉ NUTRITION PROGRAM FEBRUARY 2010

A VARIETY OF MILK AND HEALTHY SNACK OPTIONS AVAILABLE DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
TERIYAKI DIPPERS RICE PILAF BROCCOLI MULTI GRAIN ROLL PINEAPPLE BITS	CHEESE NACHOS W/ SALSA SWEET CORN FRUIT COCKTAIL ANIMAL CRACKERS	HOTDOG ON A ROLL OVEN FRIES BAKED BEANS PEACHES	HAMBURGER ON A ROLL POTATO SMILES CARROT STICKS MIXED FRUIT CUP	SUPER BOWL NUGGETS GREEN BEANS APPLES & CINNAMON WHEAT BREAD FOOTBALL COOKIE
8	9	10	11	12
PANCAKES W/ SYRUP SLICED HAM BANANA SLICED PEARS	BEEF RAVIOLI GREEN BEANS PINEAPPLE CHUNKS FRENCH ROLL VANILLA PUDDING	TACO BOAT W/ SALSA LETTUCE/TOMATO SHREDDED CHEESE SWEET CORN SLICED PEACHES COOKIE	PIZZA DIPPERS W/ SAUCE SWEET PEAS CARROT STICKS JELLO W/ TOPPING	SENIOR LUNCHEON Children will eat in their classrooms
15	16	17	18	19
VALENTINES NUGGETS SWEET PEAS APPLES & CINNAMON WHEAT BREAD SWEETHEART COOKIE	SPAGHETTI W/ MEATSAUCE GREEN BEANS FRUIT SALAD BROWNIES	VEGETABLE BEEF SOUP PLAIN BAGEL YOGURT CUP (4oz) ORANGE HALVES CHOC. PUDDING	BOW MC MUFFIN APPLESAUCE ORANGE QUARTERS PUMPKIN CAKE	CHEESE PIZZA GREEN BEANS TOSSED SALAD w/ ranch dressing R.K. SQUARE

ENJOY YOUR WINTER VACATION!

This facility is operated in accordance with the U.S. Department of Agriculture policy, which prohibits
Discrimination on the basis of race, color, sex, age, handicap, religion, or national origin

LUNCH COST \$ 1.75 FOR STUDENTS / \$2.50 FOR ADULTS
VISIT OUR WEB SITE AT WWW.BOWNET.ORG

MENU SUBJECT TO CHANGE WITHOUT NOTICE