



THE FALCON'S NEST NUTRITION PROGRAM FEBRUARY 2010

A VARIETY OF MILK AND HEALTHY SNACK OPTIONS AVAILABLE DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
POPCORN CHICKEN WRAP SWEET CORN PEACHES C.C. COOKIE	CHEESE/CHICKEN NACHOS W/ SALSA CARROT STICKS FRUIT MIX APPLE CRISP	CHICKEN NUGGETS RICE PILAF SWEET PEAS DINNER ROLL VANILLA PUDDING	MEATBALL SUB W/ PARM GREEN BEANS SLICED PEARS FRESH APPLE	MOZZARELLA STICKS W/ SAUCE SWEET PEAS CARROT STICKS SUGAR COOKIE
8	9	10	11	12
CHICKEN PATTY ON A ROLL POTATO SMILES MIXED FRUIT OATMEAL COOKIE	TACO SALAD BOWL W/ SALSA SHREDDED CHEESE SWEET CORN SLICED PEACHES CHOC PUDDING	BARBECUED CHICKEN SANDWICH COLESLAW BAKED BEANS ANIMAL CRACKERS	HAMBURGER ON A ROLL OVEN FRIES VEGGGIE STICKS APPLE CRISP W/ TOPPING	CHEF'S CHOICE
15	16	17	18	19
CHICKEN NUGGETS WHIPPED POTATO CARROTS WHEAT BREAD PEACHES	GRILLED CHEESE TOMATO SOUP SLICED PEARS PUDDING W/ TOPPING	CHICKEN FAJITAS W/ FIXINGS CHEDDAR CHEESE SWEET CORN MIXED FRUIT CUP BLUEBERRY COBBLER W/ TOPPING	COLDCUT SUB W/ FIXINGS OVEN FRIES APPLES & CINNAMON P.B. BAR	CHEESE QUESADILLA W/ FIXINGS SWEET CORN SLICED PEARS CHOCOLATE PUDDING

ENJOY YOUR WINTER BREAK!

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 \$ 2.25 FOR STUDENTS / \$2.50 FOR ADULTS

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MENU SUBJECT TO CHANGE WITHOUT NOTICE