






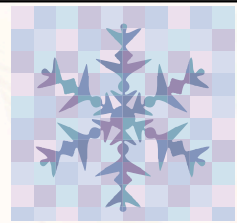



# FEBRUARY 2010

## CENTRAL DAUPHIN SCHOOL DISTRICT ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 GRILLED CHEESE ON TEXAS TOAST TOMATO SOUP MIXED FRUIT	2 CHICKEN FRIES WHOLE GRAIN DINNER ROLL CARROT & CELERY STICKS w/RANCH DIP FRESH BANANA	3 LASAGNA GARLIC BREAD SIDE SALAD PEACHES	4 BEEF TACOS W/LETTUCE, TOMATO & SALSA CORN PEARS	5 ELEMENTARY SCHOOL CLOSED
<i>HOT HAM AND CHEESE / CHICKEN RANCH WRAP /  CHICKEN CAESAR SALAD w/ROLL / PB&amp;J (WHERE AVAILABLE)</i>				
8 CHICKEN FAJITA WRAPS CORN PEACHES	9 MACARONI & CHEESE WHOLE GRAIN DINNER ROLL GREEN BEANS RED DELICIOUS APPLE	10 CHICKEN PARMESAN SANDWICH CARROT COINS MIXED FRUIT	11  ROAST TURKEY W/GRAVY DINNER ROLL MASHED POTATOES CINNAMON APPLES	12 FRENCH BREAD PIZZA SIDE SALAD w/DRESSING PEARS SUGAR COOKIE
<i>GRILLED CHICKEN SANDWICH/TURKEY HAM &amp; CHEESE SANDWICH /  GARDEN SALAD w/ROLL PB&amp;J (WHERE AVAILABLE)</i>				
15  PRESIDENTS' DAY  NO SCHOOL	16 SHEPARD'S PIE DINNER ROLL STEAMED BROCOLI PEACHES	17 CHEESEBURGER ON A BUN BAKED FRENCH FRIES FRUIT COCKTAIL	18 BEEF TACO NACHOS MEXICAN STYLE CORN PEARS	19 OVEN BAKED PIZZA FRESH BROCOLI w/DIP APPLESAUCE
<i>PHILLY CHEESE STEAK SANDWICH / HAM AND CHEESE WRAP /  PEPPI PIZZA SALAD w/CRACKERS / PB&amp;J (WHERE AVAILABLE)</i>				
22 SWEET AND SOUR CHICKEN w/RICE STEAMED BROCCOLI MANDARIN ORANGES	23 FRENCH TOAST STICKS w/SYRUP (2) SAUSAGE PATTY HASH BROWN ORANGE JUICE	24 OPEN FACED TURKEY SANDWICH GREEN BEANS FRESH BANANA	25  BAKED TACO POTATO WHOLE GRAIN DINNER ROLL MIXED FRUIT	26 FRENCH BREAD CHEESE PIZZA SIDE SALAD w/DRESSING PEACHES
<i>YOGURT AND CHEESE STICK w/SOFT PRETZEL / TURKEY SUB /  CHEF SALAD w/ROLL / PB&amp;J (WHERE AVAILABLE)</i>				
	CHECK OUT THE BACK!  GREAT RECIPE FOR APPLE MAPLE CARROTS!		<b>NEW!</b> (at select locations) A la Carte  Frozen Yogurt \$0.75  Polish Water Ice \$0.90	
***** <b>FRESH FRUITS &amp; VEGETABLES AVAILABLE DAILY / A VARIETY OF LF MILK IS AVAILABLE w/EACH MEAL</b> *****				
<b>FULL PRICE \$1.75</b>		<b>REDUCED PRICE \$0.40</b>		<b>MILK \$0.50</b>



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