



FEBRUARY 2012 M.O.W. SUPPER SACK MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CHICKEN CHEDDAR SALAD WITH HERBED CROUTONS FRESH BAKED ROLL 100% APPLE JUICE CARROT AND CELERY STICKS	2 Groundhog Day HAM AND CHEESE ON A PLAIN BAGEL RANCH MACARONI SALAD PEACH AND PEAR MIX SHREDDED LETTUCE	3 TUNA SALAD WHOLE WHEAT BREAD MARINATED TOMATOES BROCCOLI SALAD 100% WHITE GRAPE JUICE	4 HOMEMADE MEATLOAF ON WHITE BREAD MARINATED VEGETABLE SALAD PICKLED BEETS MANDARIN ORANGES
5 PEANUT BUTTER & JELLY ON WHEAT BREAD YOGURT W/ MAPLE GRANOLA DICED PEARS MIXED BERRY JAM PACKETS	6 TURKEY AND SWISS SANDWICH ON WHEAT BREAD CAULIFLOWER SALAD BANANA TOMATO JUICE	7 Valentines meal STRAWBERRY YOGURT MAPLE GRANOLA PEACHES PEPPERONI SALAD**** FRESH BAKED ROLL	8 GARDEN CHEF SALAD W/TOMATOES MIXED FRUIT FRESH BAKED ROLL HERB CROUTONS 100% ORANGE PINEAPPLE JUICE	9 ALL WHITE MEAT CHICKEN SANDWICH ON WHEAT BREAD CREAMY MACARONI SALAD 100% APPLE JUICE THREE BEAN SALAD	10 CREAMY CRAB PASTA SANDWICH ON WHOLE WHEAT ROLL CELERY AND CARROT STICKS 100% GRAPE JUICE BLACK EYED PEA SALAD	11 ROAST BEEF AND CHEESE ON WHEAT BREAD BRIDGETS POTATO SALAD DICED PEACHES BOILED EGG
12 Lincoln's B-Day MOZZARELLA CHEESE CURRY RED FLAME GRAPES ITALIAN PASTA SALAD WHOLE WHEAT CRACKERS CRUSHED PINEAPPLE	13 CHICKEN PASTA SALAD WITH GRILLED CHICKEN COTTAGE CHEESE FRESH NAVEL ORANGE FRESH OATMEAL ROLL	14 Valentines Day TURKEY TWIST PASTA SALAD RED FLAME GRAPES MARINATED CUCUMBERS CELERY AND CARROT STICKS 100% GRAPE JUICE	15 FRESH GARDEN CHEF SALAD WITH TOMATO WEDGES AND MANDARIN ORANGES BANANA NUT MUFFIN RANCH DRESSING PACKET	16 EGG SALAD WHOLE WHEAT BREAD FRESH WHOLE GRAIN ROLL MACARONI SALAD BANANA	17 ASIAN SEAFOOD SALAD FRESH OATMEAL ROLL CAULIFLOWER SALAD CINNAMON APPLE SAUCE	18 ROAST BEEF AND CHEESE ON WHEAT BREAD 100% GRAPE JUICE BANANA MUFFIN
19 TURKEY & CHEESE SANDWICH ON WHITE BREAD 100% ORANGE JUICE PEARS PICKLED BEETS	20 President's Day HOMEMADE MEATLOAF ON WHITE BREAD BLACK BEAN AND CORN SALAD CREAMY COLESLAW 100% APPLE JUICE	21 CREAMY CRAB PASTA SANDWICH ON WHOLE WHEAT BREAD BROWN RICE AND PEA SALAD MARINATED TOMATOES** BANANA MUFFIN 100% GRAPE JUICE	22 TURKEY SALAD ON WHEAT BREAD 100% TANGERINE JUICE FRESH ZUCCHINI SALAD DICED PEARS	23 CHICKEN CHEDDAR SALAD ON WHOLE WHEAT BREAD APPLE SPICE MUFFIN BROCCOLI SALAD BANANA	24 PLAIN BAGEL HONEY CINN. CREAM CHEESE STRAWBERRY VANNILLA YOGURT MAPLE GRANOLA 100% TANGERINE JUICE	25 PEANUT BUTTER ON WHEAT BREAD CARROT RAISIN SLAW JELLY MIXED PACKETS MANDARIN ORANGES
26 PULLED BARBEQUED PORK ON A WHITE BUN CREAMY MACARONI SALAD NAVEL ORANGE	27 ISLAND CRAB SALAD PEA AND ONION SALAD FRESH ORANGE FRESH BAKED WHOLE WHEAT BREAD	28 COTTAGE CHEESE ICEBURG LETTUCE W/TOMATOES CRUSHED PINEAPPLE FRESH APPLESPICE MUFFIN BANANA	29 BLUEBERRY YOGURT MAPLE GRANOLA PEACHES PEPPERONI SALAD FRESH BAKED WH. GRAIN ROLL			
			<p>All meals contain 80-100 grams of carbohydrates, approximately 5-6 carb "servings".</p> <p>All menus are trans fat free.</p> <p>Menus Subject to change</p>			