





ENFIELD STATION SCHOOL
February 2013

Menus are subject to change w/o notice.
 P/B Sandwich choice available daily.
 Non-fat flavored milks and 1% & skim white milk
 wg = whole grain products



February



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>Make it easier to remember to pay your child's lunch bill...set us up on your banks "Bill Pay" \$10.50 per week for lunch only and \$16.75 for lunch and breakfast.</p>		<p>Celebrate the 100th Day of School this month!</p> 		<p><i>"Sugar Out Day"</i> Chicken Patty & wg Bun Seasoned Potato Wedges Broccoli & cheese sauce Fresh Orange Wedges White Milk Only</p>	 <p>Cal 615 T.Fat 17.70 G S.Fat 3.7 G Chol 34.5 Mg Sodium 1133.46 Mg Carb 87.00 G Fiber 8.2 G Prot 45.66 G Iron 10.44 Mg Calc 819.24 Mg VitA 289.97 RE VitC 77.11 Mg</p>
<p>4 Shepherd's Pie Brussel Sprouts Tomato & Corn Saute Orange Wedges</p>	<p>5 Chicken Quesadillas & Salsa Mexican Rice wg & Beans Tomato & Corn Saute Fruit Cocktail w/pears</p>	<p>6 No School Teacher's Workshop</p>	<p>7 Fresh Hot Pizza wg Garden Greens Salad & Low Fat Dressings Chickpea Salad Applesauce</p>	<p>8 Chicken Fingers & wg rolls Smiley Fries Green Beans / Spinach Peaches</p>	<p>Cal 660 T.Fat 20.23 G S.Fat 5.3 G Chol 43.6 Mg Sodium 1209.83 Mg Carb 90.90 G Fiber 8.3 G Prot 33.12 G Iron 3.59 Mg Calc 553.25 Mg VitA 380.11 RE VitC 35.76 Mg</p>
<p>11 Hamburger & wg bun Seasoned Potato Wedges Broccoli Salad Cinnamon Carrots Bananas</p>	<p>12 Grilled Cheese wg Tomato Soup & Crackers Celery Sticks & Dip Pears</p>	<p>13 Roast Pork & Gravy Mashed Potatoes Baked Squash Butternut Peaches Cranberry Sauce <i>Ash Wednesday</i></p>	<p>14 Fresh Hot Pizza wg Garden Greens Salad w/ low fat dressings 5 Bean Salad Kiwi</p> 	<p>15 Chicken Nuggets Oven Fries Spinach Carrot Sticks Applesauce</p>	<p>Cal 641 T.Fat 20.19 G S.Fat 6.1 G Chol 40.5 Mg Sodium 1044.25 Mg Carb 89.88 G Fiber 8.6 G Prot 30.40 G Iron 3.32 Mg Calc 537.69 Mg VitA 732.31 RE VitC 41.89 Mg</p>
<p>18 Presidents Day No School</p>	<p>19</p>	<p>20 Winter Break</p>	<p>21</p>	<p>22 </p>	
<p>25 Macaroni & Cheese w/g Peas Carrot Sticks Fruit Cocktail w/pears</p>	<p>26 Sloppy Joes Tater Tots Green Beans Baked Squash Bananas</p>	<p>27 Deli Turkey Sandwich wg Potato Chips Corn Chowder & Crackers Veggie Sticks & Peaches</p>	<p>28 Fresh Hot Pizza wg or Turkey Sandwich wg Garden Greens Salad Chickpea Salad Applesauce</p>		<p>Cal 631 T.Fat 17.64 G S.Fat 5.3 G Chol 38.6 Mg Sodium 1163.75 Mg Carb 94.59 G Fiber 5.1 G Prot 29.81 G Iron 3.44 Mg Calc 561.86 Mg VitA 862.80 RE VitC 23.06 Mg</p>