



Hiawatha, Summit and Fleming Schools Jan 30-Feb 3, 2012

Monday 1/30	Tuesday 1/31	Wednesday 2/1	Thursday 2/2	Friday 2/3
<p>Baked Chicken Nuggets With Dipping Sauces: BBQ Sauce and Sweet Clover Honey ---</p> <p>Ham and Cheese Sandwich Toppings include: Leaf Lettuce, Sliced Tomato, American Cheese and Pickle ---</p> <p>Stonyfield Yogurt Meal ---</p> <p>Grab and Go Salad Garden or Chef Salad</p> <p>Additional Offerings- Mashed Potatoes, Sliced Steamed Carrots, Apple Sauce and White or Whole Wheat Dinner Roll</p> <p>Daily Fruits and Veggies to include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange or Kiwi</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>Brunch French Toast Sticks w/ Syrup Sausage Link or Ham Pattie ---</p> <p>Cheese Sandwich Toppings include: Leaf Lettuce, Sliced Tomato, American Cheese and Pickle ---</p> <p>Stonyfield Yogurt Meal ---</p> <p>Grab and Go Salad Garden or Chef Salad</p> <p>Additional Offerings- Mixed Fruit Cup</p> <p>Daily Fruits and Veggies to include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange or Kiwi</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>English Muffin Pizza Cheese or Pepperoni ---</p> <p>Turkey Sandwich Toppings include: Leaf Lettuce, Sliced Tomato, American Cheese and Pickle ---</p> <p>Stonyfield Yogurt Meal ---</p> <p>Grab and Go Salad Garden or Chef Salad</p> <p>Additional Offerings- Chicken Noodle Soup and Sliced Cling Peaches</p> <p>Daily Fruits and Veggies to include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange or Kiwi</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>Nacho Day Tortilla Chips with Chili, Salsa, Cheddar Cheese, Diced Tomato, Shredded Lettuce and Black Olives ---</p> <p>Egg Salad Sandwich Toppings include: Leaf Lettuce, Sliced Tomato, American Cheese and Pickle ---</p> <p>Stonyfield Yogurt Meal ---</p> <p>Grab and Go Salad Garden or Chef Salad</p> <p>Additional Offerings- Sliced Pears in Natural Juice</p> <p>Daily Fruits and Veggies to include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange or Kiwi</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>Pizza Day Pepperoni, Cheese or Fresh Veggie Pizza ---</p> <p>Tuna Salad Sandwich Toppings include: Leaf Lettuce, Sliced Tomato, American Cheese and Pickle ---</p> <p>Stonyfield Yogurt Meal ---</p> <p>Grab and Go Salad Garden or Chef Salad</p> <p>Additional Offerings- Tossed Green Leaf Garden Salad and Choice of Dressings</p> <p>Daily Fruits and Veggies to include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange or Kiwi</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>

CCSU FOOD SERVICE MAKES IT EASY AND DELICIOUS TO MAKE HEALTHY CHOICES, START YOUR DAY OUT RIGHT, EAT BREAKFAST. BREAKFAST IS SERVED DAILY.

Did you know? To reduce a child's chances of getting mercury poisoning do not serve them shark, swordfish, king mackerel or tilefish, which are the primary seafood known for containing mercury.