

Ferndale Area Fitness and Wellness Program



February 2012

Elementary Lunch Menu: *Menu is subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Beef A Roni Steamed Vegetables Garlic Bread Stick Choice of Fruit Milk	Deli Sandwich French Fries Baby Carrots Choice of Fruit Sherbet Cup Milk	Mozzarella Cheese Sticks w/Sauce or Egg Salad Sandwich Steamed Vegetables Choice of Fruit Milk
6	7	8	9	10
Chicken Nuggets Steamed Vegetables Choice of Fruit Doritos Milk	Grande Nachos Cheese Sauce Lettuce & Salsa Choice of Fruit Milk	Grilled Chicken Patty Brown Rice Oriental Veggies Choice of Fruit Ice Cream Cup Milk	Pizza or Tuna Salad Sandwich Tossed Salad with Italian Dressing Choice of Fruit Pudding Milk	Hot Dog on Bun Tater Tots Baby Carrots Choice of Fruit Milk
13	14	15	16	17
Meatball Hoagie Fresh Vegetable Cup with dip Choice of Fruit Milk	Chicken & Gravy over Biscuits Mixed Vegetables Choice of Fruit Jell-O with Topping Milk	Turkey Sandwich Lettuce & Tomato Vegetable Soup Choice of Fruit Cheetos Milk	Cheeseburger on Bun Lettuce & Pickle Tater Tots Choice of Fruit Milk	Max Sticks w/Sauce or Tuna Salad Sandwich Steamed Vegetables Choice of Fruit Frozen Fruit Cup Milk
20	21	22	23	24
Parent /Teacher Conferences No School For Students	Chicken Strips Seasoned Noodles Cucumber Slices Choice of Fruit Fruit Snacks Milk	Grilled Cheese Tomato Soup Carrot & Celery Sticks Choice of Fruit Goldfish Crackers Milk	Sausage Egg & Cheese on English Muffin Hashbrown Patty Fresh Orange Wedges Milk	Pizza or Egg Salad Sandwich Steamed Vegetables Choice of Fruit Sherbet Cup Milk
27	28	29	1	2
Chicken Patty Sandwich Fresh Vegetable Cup w/dip Choice of Fruit Pretzels Milk	Rotini w/ Meat Sauce Tossed Salad with House Dressing Garlic Breadstick Choice of Fruit Milk	Soft Shell Turkey Taco Lettuce, Salsa & Shredded Cheese Choice of Fruit Doritos Milk	Steak & Cheese on Pretzel Bun Cucumber & Tomato Salad Choice of Fruit Frozen Fruit Bar Milk	Max Sticks w/Sauce or Tuna Salad Sandwich Steamed Vegetables Choice of Fruit Milk

Alternate Sandwiches for February 1 – 3 Ham and Cheese Wrap, 6 -10 Turkey Sandwich, 13-17 PB&J, 21-24 Bologna and Cheese Wrap, 27-2 Ham Sandwich

February 10 – Jess Ambroe Classic 8:15 P.M. Cambria County War Memorial

February 15 – Board Meeting 6:00 P.M.

February 20 – No School for Students. Parent/Teacher Conferences

March 12-23 – PSSA Testing Grades 3,4,5,6

February 22 - Hop-a-Thon Grades 3 -6

February 23 – Hop-a-Thon Grades K-2

February 23 – Mid Reports Go Home

February 27 – Market Day Pick Up 5:00 P.M. – 6:00 P.M.

February 27 – PTO Meeting 6:00 P.M. – 7:00 P.M.

February 28 – Spring Pictures