

February 2010

Laurens Central School

Monday

French Toast Sticks
Tator Tots **1**

Hamburger Bar
French Fries
Corn

Sweet & Sour Pork

Breakfast Taco **8**

Fish on a Bun
Steak Fries
Corn

Spicy Tofu & Vegetables
Over Rice

15

Tuesday

Scrambled Eggs
w/Cheese **2**

Baked Ziti/Italian Bread
Tossed Salad
Green Beans

Wrap Bar

Cheese Omelet
Home Fries **9**

Mucho Macho Nachos
Carrots

Wrap Bar

16

Wednesday

Egg & Ham Burrito **3**

Grilled Cheese Sandwich
Tomato Soup
Green Beans

Salad Bar

Chocolate Chip
Pancakes **10**

Bar B-Q Pork Sandwich
Steak Fries
Corn

Sub Bar

17

Thursday

French Toast **4**

Hot Meatball Sub
Tossed Salad
Peas & Carrots

Wrap Bar

1/2 DAY K-12
Ham & Cheese Quiche
Tator Tots **11**

Chicken Parmesan/Bun
Pasta Salad/Mixed Veg

Wrap Bar

18

Friday

Waffles with Toppings
Sausage Patties **5**

Chicken Fajita
Mexican Rice
Corn

Pasta Toss

English Muffin w/
Egg/Ham/Cheese **12**

Pizza Cheese or
Pepperoni
Tossed Salad/Beans

Pasta Primavera

19

Winter Break

Waffles with
Strawberries **22**

Buffalo Chicken on Bun
Beets

Shrimp Fried Rice

French Toast Sticks
Tator Tots **23**

Chicken or Cheese
Quesadilla
Corn

Wrap Bar

Ham/Egg Bagel
Sandwich **24**

Baked Potato Bar
With Toppings
Carrots

Salad Bar

French Toast **25**

Macaroni & Cheese
Pretzels
Peas

Wrap Bar

Breakfast Taco
Tator Tots **26**

Turkey Gravy
Mashed Potatoes/Corn
Cranberry Sauce

Broccoli Alfredo Fettuccini

Guess What?

Your heart can beat up to 40,000,000 times per year!
Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.

Student Prices

Breakfast

\$1.10 K-6
\$1.20 7-12

Lunch

\$1.40 K-6
\$1.50 7-12

\$10.00 Charge Limit
Menu Subject to Change

Please Choose:

One Entrée
Milk
2 Different Vegetables and/or Fruit

Available Everyday for Lunch:

Variety of Milk
Hot Vegetables
Raw Vegetables, Fresh Fruit
Fruit Cup
Yogurt
PB & Jelly Sandwich
Homemade Soup

Available Everyday for Breakfast:

Assorted Cold Cereals
Bagels
Whole Wheat Toast
Fresh Fruit Cups
Fresh Fruit:
Apples, Oranges & Bananas
Variety of Milk
Apple Juice or Orange Juice

Free and Reduced Applications
Accepted All Year

Happy Valentines Day

