

# Laurens Central School

# February 2012

Monday

Tuesday

Wednesday

Thursday

Friday



1 Chocolate Chip Pancakes  
Baked Chicken  
Steamed Corn  
Roasted Potatoes

2 Breakfast Pizza  
Chicken Fettuccine Alfredo  
Steamed Broccoli

3 French Toast Sticks  
Breakfast Sausage  
Assorted Pizza  
Tossed Salad

6 Round Waffles w/ Fruit Topping  
Sloppy Joes  
Tater Tots  
Glazed Carrots

7 Breakfast Sandwich  
Tater Tots  
Chicken Parm Sandwich  
Steamed Corn

8 ½ Day K-12 Breakfast Burrito  
Hamburger or Cheeseburger Bar  
Sweet Potato Fries

9 Breakfast on a Stick  
Pork Fajita  
Peppers and Onions  
Steamed Brown Rice

10 French Toast Sticks  
Breakfast Ham  
Chicken Patty  
French Fries  
Green Beans

13 Breakfast on a Stick  
Pulled Pork Sandwich  
Baked Beans  
Buttered Peas

14 French Toast Sticks  
Breakfast Ham  
HAPPY VALENTINES DAY  
Taco Bar  
Mexican Rice

15 Pancakes  
Breakfast Sausage  
Fried Fish Nuggets  
Tater Tots  
Coleslaw

16 Breakfast Pizza  
Meatball Parm Sub  
Crinkle Cut Carrots

17 Waffles Sticks  
Breakfast Sausage  
Assorted Pizza  
Tossed Salad

20

21

22

23

24

**WINTER BREAK**

27 Waffles  
Fruit Topping  
Chicken Nuggets  
Assorted Sauces  
Green Beans

28 Breakfast Sandwich  
Hot Dog  
French Fries  
Steamed Peas

29 Scrambled Eggs w/Meat and Cheese  
Grilled Cheese  
Tomato Soup



**Did you know:  
One year contains  
31,557,600 seconds?**

## A La Carte

**Prices**  
Breakfast K-12 \$1.25  
Lunch K-3 \$1.40  
4-12 \$1.75  
Adult Breakfast Ala Carte  
Adult Lunch \$3.30 (incl. tax)

**MENU IS SUBJECT TO CHANGE**

A full lunch must consist of 3-5 components: protein, grain and vegetable

**FREE AND REDUCED APPLICATIONS ARE ACCEPTED ALL YEAR**

## School News

### Always Available for Breakfast:

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

### Always Available for Lunch:

Variety of Milk  
Fruit Cup  
Vegetable Cup  
Homemade Soup  
Fresh Assorted Sandwiches  
Yogurt  
Peanut Butter and Jelly  
Sandwich

