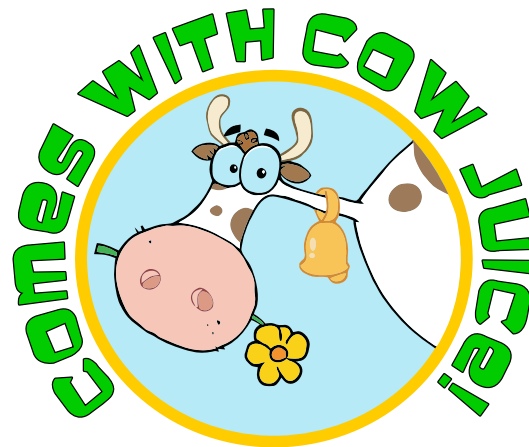


Menus for February 2012



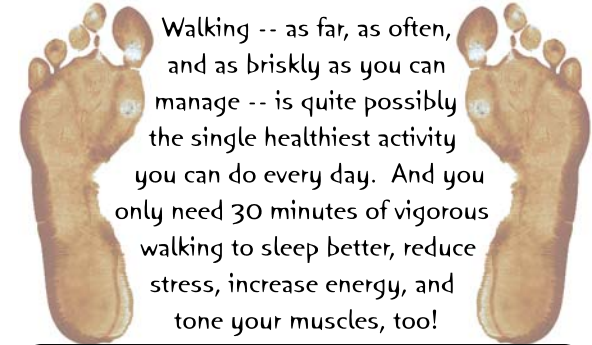
Middletown School District Middle School Menu

This institution is an equal opportunity provider.



Every complete meal we serve includes your choice of lowfat white or chocolate milk.

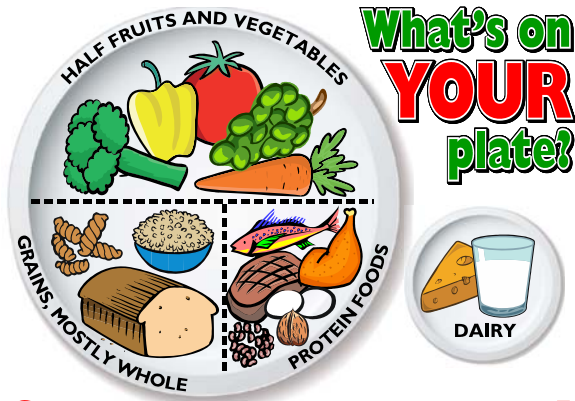
MAKE SOME TRACKS.



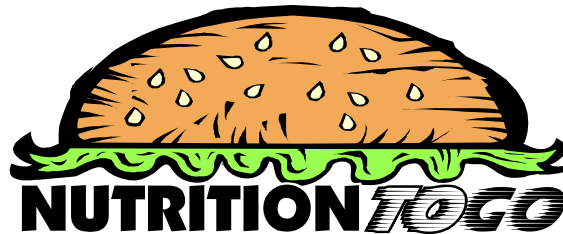
Walking -- as far, as often, and as briskly as you can manage -- is quite possibly the single healthiest activity you can do every day. And you only need 30 minutes of vigorous walking to sleep better, reduce stress, increase energy, and tone your muscles, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!



What's on **YOUR** plate?



NUTRITION TO GO

Chocolate is "chock-full" of antioxidants and other substances that are good for you. But all chocolate isn't created equal. Dark chocolate -- at least 65% cocoa -- delivers these health benefits efficiently. But the chocolate used for most candy is less than 30% cocoa with lots of added sugar, so you need to eat 2 or 3 times as much chocolate (and a lot more calories!) for the same benefits.

A TASTY MORSEL FOR PARENTS

Cactus you can eat!

The pads of the prickly pear cactus, or "nopales" (pronounced no-PAH-lace) are a popular food in Mexico and many Central American countries, as well as parts of Southern Europe, the Middle East, India, North Africa, and the Southwest U.S. It tastes like a slightly tart green bean or green pepper.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Wed., February 1

Breakfast

Scrambled Egg
Sausage*
Juice
Milk

Lunch

Chicken Cordon Bleu
(Chicken, Ham, Swiss) on a
Hamburger Bun
Pasta Salad
Mixed Vegetables
Pineapple

Thursday, February 2

Breakfast

Hot Ham & Cheese Sandwich
Juice
Milk

Lunch

Tacos with Soft Shells
Beef, Cheese, Salsa, Sour
Cream
Rice
Corn
Apple

Friday, February 3

Breakfast

4 oz. Yogurt
Mini Muffin
Juice
Milk

Lunch

Cheese Pizza on Whole
Wheat Crust
Tossed Salad with Dressing
Orange

Monday, February 6

Breakfast

Breakfast Bites *
Chilled Fruit
Milk

Lunch

Popcorn Chicken
Mashed Potatoes
Biscuit
Corn
Pears

Tuesday, February 7

Breakfast

Scrambled Egg
Sausage*
Juice
Milk

Breakfast for Lunch

French Toast Sticks
Sausage
Tater Tots
Orange Juice
Banana

Wed., February 8

Breakfast

Colby Cheese Omelet
Juice
Milk

Lunch

Chicken Teriyaki
Lo Mein Noodles
Vegetable Eggroll
Pineapple

Thursday, February 9

Breakfast

Hot Ham & Cheese Sandwich
Juice
Milk

Lunch

Penne Pasta Baked with
Tomato Sauce and Cheese
Garlic Bread
Broccoli
Apple

Friday, February 10

Breakfast

Egg Patty on an English
Muffin
Juice
Milk

Lunch

Chicken Wings/Bleu Cheese
Carrot Sticks
Shoestring Fries
Peaches