

MSAD/RSU  
# 11  
GARDINER

Hamlin, Pittston,  
Richards and  
Thompson

FOOD SERVICE  
MENU

FEBRUARY  
2010

**Monday, Feb. 1**

**LUNCH**  
Spaghetti 'w' Meatballs & Sauce  
Fresh Made Italian Bread  
**Or**  
Hamburger on Bun  
**And**  
Corn  
Peaches  
Calories 577  
Fat 20.2 %  
Carbohydrates 92.2 grams  
Sat. Fats 7.3 %

**BREAKFAST**  
French Toast Sticks  
Calories 610  
Fat 20.8 %  
Carbohydrates 104.6 Grams  
Sat. Fats 8.2 %

**Tuesday, Feb. 2**

**BREAKFAST FOR LUNCH**  
Breakfast Sandwich  
(Sausage, Cheese & Egg  
on English Muffin)  
**Or**  
Pancakes 'w' Syrup  
Sliced Hot Ham  
**And**  
Hash Browns  
Chilled Pears  
Calories 860  
Fat 29.6 %  
Carbohydrates 119 grams  
Sat. Fats 7.2 %

**BREAKFAST**  
Cereal Bar  
Calories 259  
Fat 11.6 %  
Carbohydrates 45.9 Grams  
Sat. Fats 6 %

**Wed., Feb. 3**

**LUNCH**  
Baked Beans  
**Or**  
Macaroni & Cheese  
**And**  
Franks  
Carrot Sticks 'w' L/F Dip  
Cornbread  
Raisin Cup  
Frozen Yogurt  
Calories 745  
Fat 17.4 %  
Carbohydrates 86.3 grams  
Sat. Fats 12.4 %

**BREAKFAST**  
Scramble Eggs  
Calories 515  
Fat 29.8 %  
Carbohydrates 72 Grams  
Sat. Fats 9 %

**Thursday, Feb. 4**

**LUNCH**  
Ham Italian Sandwich  
**Or**  
Turkey Italian Sandwich  
**And**  
Chicken Noodle Soup  
Salad Bar  
Pudding  
Calories 635  
Fat 27.3 %  
Carbohydrates 81.8 grams  
Sat. Fats 12.4 %

**BREAKFAST**  
Pancake 'w' Syrup  
Hot Ham  
Calories 691  
Fat 21.5 %  
Carbohydrates 108 Grams  
Sat. Fats 8.8 %

**Friday, Feb. 5**

**LUNCH**  
Pulled BBQ Pork on Bun  
**Or**  
Chicken Quesadilla  
**And**  
Nacho Chips 'w' Salsa  
Maine Apple  
Calories 883  
Fat 27.8 %  
Carbohydrates 110.3 grams  
Sat. Fats 11.9 %

**BREAKFAST**  
Fresh Made French Toast  
Calories 723  
Fat 27.5 %  
Carbohydrates 107.7 Grams  
Sat. Fats 10.7 %

**Weekly Totals**

**LUNCH**  
Average      Target  
Calories    730      664  
Carb.        97.9 gram  
Total Fat 27.8 %    30 %  
Sat. Fats 12.9 %    10 %  
Low Fat White, Chocolate, Lactaid & Skim Milk is served with Lunch each day.

**BREAKFAST**  
Average      Target  
Calories    519      554  
Carb.        81.5 grams  
Total Fat 22.6 %    30 %  
Sat. Fats 9.1 %     10 %  
Cold Cereal and Fresh Made Wheat Toast is offered as a choice each day. Only White low fat, Lactaid and skim milk And Orange or Apple Juice is served for breakfast

**Monday, Feb. 8**

**LUNCH**  
Shepherd's Pie  
**Or**  
Tuna Noodle Casserole  
**And**  
Cheese Sticks  
Carrots Sticks 'w' L/F Dip  
Ice Juice  
Calories 652  
Fat 21.4 %  
Carbohydrates 91.3 grams  
Sat. Fats 8.5 %

**BREAKFAST**  
Blueberry Breakfast Pizza  
Calories 627  
Fat 15.5 %  
Carbohydrates 114.4 Grams  
Sat. Fats 6.8 %

**Tuesday, Feb. 9**

**LUNCH**  
Turkey & Stuffing Supreme  
**Or**  
Pizza Burger on Bun  
**And**  
Brown Rice  
Peas  
Mixed Fruit  
Calories 591  
Fat 20.1 %  
Carbohydrates 84.5 grams  
Sat. Fats 10.1 %

**BREAKFAST**  
Breakfast Pizza  
(Egg, Cheese & Ham)  
Calories 487  
Fat 29 %  
Carbohydrates 60.2 Grams  
Sat. Fats 11.5 %

**Wed., Feb. 10**

**LUNCH**  
Cheese Pizza  
On Fresh Made Wheat crust  
**Or**  
Hot Ham & Cheese Sub Sandwich  
**And**  
Oven Baked French Fries  
Maine Apple  
Calories 593  
Fat 29 %  
Carbohydrates 80.6 grams  
Sat. Fats 13.3 %

**BREAKFAST**  
French Toast 'w' Syrup  
Raisin Cup  
Calories 629 -- Fat 20.5 %  
Carbohydrates 106 Grams  
Sat. Fats 10.3 %

**Thursday, Feb. 11**

**LUNCH**  
Taco's  
**Or**  
BBQ Ribs Patty  
on Wheat Bun  
**And**  
Corn  
Salad Bar  
Pumpkin Bar  
Calories 912  
Fat 23.2 %  
Carbohydrates 146.9 grams  
Sat. Fats 6.3 %

**BREAKFAST**  
Cereal Bar  
Calories 259  
Fat 11.6 %  
Carbohydrates 45.9 Grams  
Sat. Fats 6 %

**Friday, Feb. 12**


**LUNCH**  
American Chop Suey  
**Or**  
School Made Turkey Stew  
**And**  
Fresh Made Wheat Roll  
Salad Bar  
Valentine's Cake  
Calories 596  
Fat 17.3 %  
Carbohydrates 80.8 grams  
Sat. Fats 5.7 %

**BREAKFAST**  
Scramble Eggs  
School Made Wheat Toast  
Calories 494  
Fat 27 %  
Carbohydrates 72.5 Grams  
Sat. Fats 7.3 %

**Weekly Totals**

**LUNCH**  
Average      Target  
Calories    669      664  
Carb.        96.8 gram  
Total Fat 22.3 %    30 %  
Sat. Fats 8.5 %     10 %  
Low Fat White, Chocolate, Lactaid & Skim Milk is served with Lunch each day.

**BREAKFAST**  
Average      Target  
Calories    499      554  
Carb.        79.8 grams  
Total Fat 21.3 %    30 %  
Sat. Fats 8.6 %     10 %  
Cold Cereal and Fresh Made Wheat Toast is offered as a choice each day. Only White low fat, Lactaid and skim milk And Orange or Apple Juice is served for breakfast



**Make Mine  
a Mug'o'  
Moo**

White  
Or  
Chocolate  
Milk  
Skim  
Low Fat  
White lactaid Milk

**Monday, Feb. 22**

**LUNCH**  
Breaded Chicken Patty  
on Fresh Made Wheat Bun  
**Or**  
Hamburger on Fresh Made Wheat  
Bun  
**And**  
Broccoli 'w' Cheese Sauce  
Peaches  
Calories 758  
Fat 37.5 %  
Carbohydrates 79.1 grams  
Sat. Fats 13.3 %

**BREAKFAST**  
Blueberry Pizza  
Calories 635  
Fat 17.4 %  
Carbohydrates 112.4 Grams  
Sat. Fats 8.6 %

**Tuesday, Feb. 23**

**LUNCH**  
Turkey Caesar Salad  
Fresh Made Wheat Roll  
**Or**  
Cheese Pizza on  
Fresh Made Wheat Crust  
**And**  
Noodle & Tomatoes  
Maine Apple  
Calories 804  
Fat 24.6 %  
Carbohydrates 111.8 grams  
Sat. Fats 10.9 %

**BREAKFAST**  
Scramble Eggs  
Fresh Made Wheat Toast  
Calories 515 -- Fat 29.8 %  
Carbohydrates 72 Grams  
Sat. Fats 9 %

**Wed., Feb. 24**

**LUNCH**  
Stuffed Shells 'w' Sauce & Cheese  
Fresh Made Italian Bread  
**Or**  
Ham Italians  
**And**  
Salad Bar  
Mixed Fruit  
Calories 697  
Fat 21.8 %  
Carbohydrates 99 grams  
Sat. Fats 8.6 %

**BREAKFAST**  
French Toast Sticks  
'w' Syrup  
Calories 610  
Fat 20.8 %  
Carbohydrates 104.6 Grams  
Sat. Fats 8.2 %

**Thursday, Feb. 25**

**LUNCH**  
Pepperoni Pizza on  
Fresh Made Wheat Crust  
**Or**  
Hot Chicken Fajita Sub Sandwich  
**And**  
Veggie Sticks  
'w' l/f Dressing  
Chocolate Chip Cookies  
Calories 733  
Fat 33.8 %  
Carbohydrates 92.5 grams  
Sat. Fats 12.5 %

**BREAKFAST**  
Cereal Bar  
Calories 259  
Fat 11.6 %  
Carb. 45.9 Grams  
Sat. Fats 6 %

**Friday, Feb. 26**

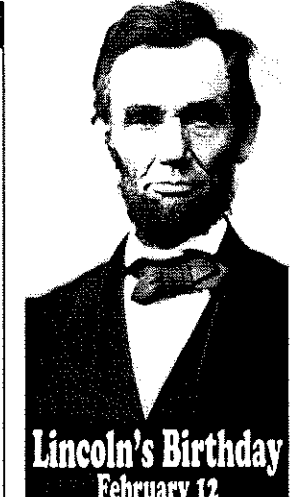
**LUNCH**  
Turkey Salad Sandwich  
**Or**  
Toasted Cheese Sandwich  
**And**  
Fresh Made  
Chicken Noodle Soup  
Salad Bar  
Chilled Pears  
Calories 599  
Fat 27.3 %  
Carbohydrates 79.9 grams  
Sat. Fats 11.1 %

**BREAKFAST**  
Blueberry Breakfast Pizza  
Calories 627  
Fat 15.5 %  
Carbohydrates 114.4 Grams  
Sat. Fats 6.8 %

**Weekly Totals**

**LUNCH**  
Average      Target  
Calories    714      664  
Carb.        92.5 gram  
Total Fat 29.1 %    30 %  
Sat. Fats 11.4 %    10 %  
Low Fat White, Chocolate, Lactaid & Skim Milk is served with Lunch each day.

**BREAKFAST**  
Average      Target  
Calories    529      554  
Carb.        89.1 grams  
Total Fat 19.8 %    30 %  
Sat. Fats 8 %       10 %  
Cold Cereal and Fresh Made Wheat Toast is offered as a choice each day. Only White low fat, Lactaid and skim milk And Orange or Apple Juice is served for breakfast



**Lincoln's Birthday  
February 12**