Zumbrota-Mazeppa Schools
Breakfast & Lunch Menu

February 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rise and Shine! **Includes Fruit,Juice and Milk** **K - 12 $.80** Adults $1.65			1 Cinnamon Roll and Cheese Stick	2 Assorted Cereals Toast w/P.B and jelly	3 Warm Coffecake and Yogurt
	6 Pancakes With Maple Syrup	7 Assorted Cereals Toast w/P.B and jelly	8 Cinnamon Roll and Cheese Stick	9 Assorted Cereals Toast w/P.B and jelly	10 Warm Coffecake and Yogurt
	13 Pancakes With Maple Syrup	14 Assorted Cereals Toast w/P.B and jelly	15 Cinnamon Roll and Cheese Stick	16 Assorted Cereals Toast w/P.B and jelly	17 No School!
	20 No School!	21 Assorted Cereals Toast w/P.B and jelly	22 Cinnamon Roll and Cheese Stick	23 Assorted Cereals Toast w/P.B and jelly	24 Warm Coffecake and Yogurt
	27 Pancakes With Maple Syrup	28 Assorted Cereals Toast w/P.B and jelly	29 Cinnamon Roll and Cheese Stick		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Classic Cafe **Includes Fruit& Vegetable Bar** **Whole Grain Bread & Milk** **K - 6 $1.95** **7 - 12 $2.05** **Adults $3.20** **Extra Entree $2.00** **Extra Milk $ .35**			1 Hamburger on Whole Grain Bun Baked Beans Broccoli Salad	2 Spaghetti with Meat Sauce Steamed Corn Garlic toast	3 Homemade Cheese Bread Marinara Sauce Steamed Carrots Mixed Greens Salad
	6 Beefy Nachos Homemade Cheese Sauce Mexicorn Brown Rice	7 Chicken & Penne Pasta Italian Salad Steamed Green Beans Garlic Breadstick	8 Chicken patty on Whole Grain Bun Sweet Peas Kettle Chips	9 Hearty Chili Baked potato Halves Honey Glazed Cornbread	10 Mini Corndogs Macaroni and Cheese Steamed Carrots Slice whole Grain Bread
	13 Roasted Turkey & Gravy Mashed Potatoes Steamed Green Beans Whole Grain Dinner Roll	14 Turkey & Cheese on WG Bun Chicken Noodle Soup Mixed Vegetables w/Lima beans Choc Chip Cookie	15 Oven Roasted Beef Hotdog On Whole Grain Bun Creamy Coleslaw Steamed Corn	16 Homemade Cheese Pizza Steamed Broccoli Garden Vegetable Salad Fresh Mango Samples	17 No School!
	20 No School!	21 Cinnamon Swirl French Toast Sausage patty Breakfast Potatoes	22 Tator Tot Hot dish Steamed Green Beans Slice Whole Grain Bread	23 Salisbury Steak Mashed Potatoes/Gravy Steamed Carrots Dinner Roll	24 Fish Fillet on Whole Grain Bun Cheesy Broccoli Caesar Salad
	27 Soft Shell Tacos Black Bean and Corn Salsa Brown Rice Steamed Corn	28 Breakfast Stacker (2 pancakes with Sausage) Scrambled eggs Hash brown Potatoes	29 Chicken Tenders Mashed Potatoes/Gravy Steamed Green Beans Whole Grain Dinner Roll		Harvest of the Month Made from Scratch Contains pork

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Garden Fresh Choices **Includes Fruit& Vegetable Bar** **Whole Grain Bread & Milk** **K - 6 $1.95** **7 - 12 $2.05** **Adults $3.20**			1 Confetti Ham Salad Chicken Salad on WG Bun	2 Chop Chop Salad Ham & Cheese on WG Bun	3 Garden Vegetable Salad Tuna Fish Sandwich
	6 Chicken & Egg Salad Slider Combo 7 Layer Salad	7 Turkey Pasta Salad Cold Cut Combo on Sub	8 Chef Salad Yogurt Pack	9 Cobb Salad Chicken Caesar Wrap	10 Apple Waldorf Salad Egg Salad Sandwich
	13 Chef Salad Peanut Butter & Jelly Sandwich	14 Asian Spinach Salad Chicken Ranch Wrap	15 Confetti Ham Salad Chicken Salad on WG Bun	16 Chop Chop Salad Ham & Cheese on WG Bun	17 No School!
	20 No School!	21 Turkey Pasta Salad Cold Cut Combo on Sub	22 Chicken Taco Salad Yogurt Pack	23 Cobb Salad Chicken Caesar Wrap	24 Apple Waldorf Salad Egg Salad Sandwich
	27 Chicken & Egg Salad Slider Comdo 7 Layer Salad	28 Asian Spinach Salad Chicken Ranch Wrap	29 Confetti Ham Salad Chicken Salad on WG Bun		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grill Station Diner **Includes Fruit & Vegetable Bar and Milk** 9 - 12 only $2.05 **Adult $3.20**			1 Chicken Nuggets	2 Homemade Pepperoni and Cheese Pizza	3 BBQ Mr. Rib on Whole Grain Bun
	6 Cheeseburgers on Whole Grain Bun	7 Mini Corndogs	8 Hot Ham/Cheese On Whole Grain Bun	9 Southwest Turkey Melt	10 BBQ Mr. Rib on Whole Grain Bun
	13 Spicy Chicken Patty on Whole Grain Bun	14 Hot Ham/Cheese On Whole Grain Bun	15 Southwest Turkey Melt	16 Chicken Nuggets	17 No School!
	20 No School!	21 Mini Corndogs	22 Hot Ham/Cheese On Whole Grain Bun	23 Homemade Pepperoni and Cheese Pizza	24 BBQ Mr. Rib on Whole Grain Bun
	27 Chef's Choice	28 Chef's Choice	29 Chef's Choice		

Menus subject to change without notice.

FEBRUARY

HARVEST OF THE MONTH

Mango

Lima Beans

Bok Choy

Milk Choice of 1%, Skim and 1% Chocolate is included with Lunch.

Food 4 Thought

Soybeans are an important ingredient for the production of crayons. In fact, one acre of soybeans can produce 82,368 crayons.

Elevators in the Statue of Liberty use a soybean-based hydraulic fluid.

Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.

To check the balance in your account or for additional information, contact:
Valerie Leonard
507-732-7395 x1102
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