



# February 2012

[www.rinutrition4kids.com](http://www.rinutrition4kids.com)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>30</b> Pretzel & Yogurt Great Grilled Ham & Cheese Goldfish Crackers	<b>31</b> Lasagna Hamburger or Cheeseburger on Bun Caesar Side Salad	<b>1</b> Popcorn Chckn Parm Sandwich Waffle Sticks w/Egg Breakfast Potato	<b>2</b> Chicken Quesadilla Baked Chicken Nuggets w/ Roll Chic Peas	<b>3</b> Fish Sandwich Cheese Pizza Roasted Potatoes	<p><b>More Info...</b></p> <p><u>Breakfast</u> Paid \$1.25 Reduced \$.30</p> <p><u>Lunch</u> Paid \$2.30 Premium \$3.30 Reduced \$.40</p> <p>Fruit, Vegetables and Milk are available with all meals</p> <p>Whole Grains And Fresh Locally Grown Rhode Island Produce is offered when available.</p> <p>Low Fat White Coffee &amp; Chocolate milk are available daily</p> <p><u>Questions?</u> Please contact Andrew Viveiros Director Child Nutrition 333-5576 Viveiros-Andrew @Aramark.com</p>				
Also available this week: Ranch Chicken Chunks & Cheese Sub or Garden Salad with Yogurt & <b>Fresh Fruit &amp; Veggie Bar</b>									
<b>5</b> Bagel & Yogurt Super Nachos Baked Potato Wedges	<b>6</b> Power Mac & Cheese Hamburger or Cheeseburger on Bun Butternut Squash	<b>7</b> <i>All White Meat Grilled Chicken Breast Sandwich</i> French Toast w/Egg Warm Cinnamon Apples	<b>8</b> Chicken Fajita w/ Rice <i>All White Meat Baked Chicken Tender</i> w/ Roll 3 Bean Salad	<b>9</b> Great Grilled Ham & Cheese Pizza Stick Roasted Potatoes					
Also available this week: BBQ Chicken Chunks & Cheese Sub or Garden Salad with Yogurt & <b>Fresh Fruit &amp; Veggie Bar</b>									
<b>12</b> Hot Dog on Fresh Roll Baked Chicken Patty Goldfish Crackers	<b>13</b> Pasta & Meatballs w/ Roll Hamburger or Cheeseburger on Bun Mixed Vegetables	<b>14</b> Popcorn Chckn Parm Sandwich Waffle Sticks w/Egg Breakfast Potato	<b>15</b> Super Nachos <i>All White Meat Baked Chicken Tender</i> w/ Roll Refried Beans	<b>16</b> Baked Popcorn Chicken w/ Roll White Pizza Fingers Fresh Side Salad					
Also available this week: Pepperoni Pizza Sub or Garden Salad with Yogurt & <b>Fresh Fruit &amp; Veggie Bar</b>									
<b>19</b> February Recess No School	<b>20</b> February Recess No School	<b>21</b> February Recess No School	<b>22</b> February Recess No School	<b>23</b> February Recess No School					
<b>26</b> Pretzel & Yogurt Great Grilled Ham & Cheese Goldfish Crackers	<b>27</b> Lasagna Hamburger or Cheeseburger on Bun Caesar Side Salad	<b>28</b> <i>All White Meat Grilled Chicken Breast Sandwich</i> French Toast w/Egg Warm Cinnamon Apples	<b>29</b> Soft Taco w/Rice <i>All White Meat Baked Chicken Tender</i> w/ Roll Carrot Coins	<b>1</b> Fish Sandwich Sandwich Pizza Sticks BBQ Beans					
Also available this week: Teriyaki Chicken Chunks & Cheese Sub or Garden Salad with Yogurt & <b>Fresh Fruit &amp; Veggie Bar</b>									

## Lincoln Middle School LUNCH MENU



**Check out the Lincoln's Fresh Fruit & Veggie Bar Featuring Fresh RI Produce!**

With all meals students may choose up to 3 sides from fresh fruit and vegetable sides: Including great sides like carrots, fresh apples and oranges, roasted potatoes, and other great fruits like peaches. The variety will change daily so please look forward to enjoying something different everyday! Milk is also offered with any meal!

Menus are subject to change without notice.

