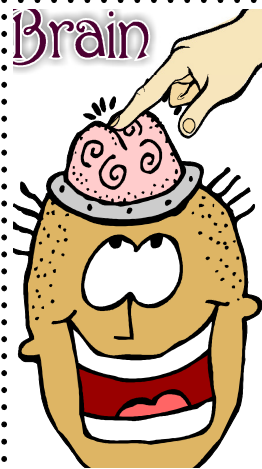


Menus for February 2012

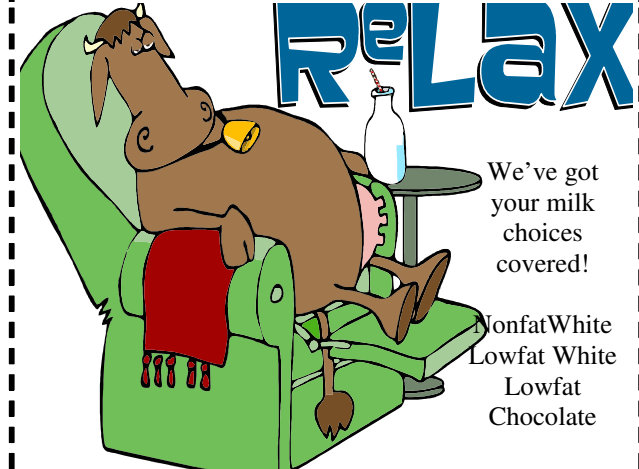
Golden Hills Eagles Nest Café



Brain Ticklers:

What belongs to you but is used much more by your friends?

(Hold the page upside down and read it in a mirror for the answer!)



RELAX

We've got your milk choices covered!

- Nonfat White
- Lowfat White
- Lowfat
- Chocolate

Available Daily

Cold Cereal, Graham Crackers, Yogurt, Pop Tarts, Assorted Juice, Milk & fresh fruit

Monday
Oatmeal

Tuesday
Pop Tarts

Wednesday
Pancake Sausage Sticks

Thursday
Cold Cereal

Friday
Eggs

Word of the Month

mor·al

adj. 1. Conforming to standards of what is right or just in behavior; virtuous 2. Arising from conscience or the sense of right and wrong: *a moral obligation*

Wed, February 1

Lunch
Chicken Nuggets
Or PB&J
Baby Carrots
Fresh Bananas
Sun Chips

Snack
Juice & Seeds

Thurs., February 2

Lunch
Nachos
Beans & Cheese
Or PB&J
Baby Carrots
Shape ups

Snack
Pop Tarts & Milk

Friday, February 3

Lunch
Pizza
Or PB&J
Veggie Sticks
Fruit Cup

Snack
Yogurt & Scooby Snacks

Monday, February 6

Lunch
Beef Hot Dogs
Or PB&J
Veggie Bar
Rosy Applesauce

Snack
Juice & Snack Mix

Tuesday, February 7

Lunch
Turkey & Cheese Subs
Lettuce
Or PB&J
Baby Carrots
Bananas

Snack
Milk & Crackers

Wed., February 8

Lunch
Taco Salad
Or PB&J
Baby Carrots
Apples

Snack
Apples & Cheese

Thurs., February 9

Lunch
Chicken Nuggets
Seasoned Mashed Potatoes
Or PB&J
Fresh Fruit Bar Crackers

Snack
Juice & Seeds

Friday, February 10

Lunch
Pizza
Or PB&J
Veggie Sticks
Fruit Cup

Snack
Milk & Crackers