

**Student
Lunch**
\$1.95

**Reduced
Lunch**
\$.40

VALLEY FORGE MIDDLE SCHOOL

FEBRUARY 2005

MENU

**Coming
Soon!**

A food and
nutrition
web page!



Daily Feature

Specials

February 1-4

| | |
|-----------|--|
| Tuesday | Pasta w/ Meat Sauce, Roll, Salad, Chilled Fruit |
| Wednesday | French Toast Stix, Sausage Patty, OJ, Potato Rounds |
| Thursday | “Dipper Day” Cheese Sticks with Sauce, Vegetable Sticks, Chilled Fruit |
| Friday | Chicken Quesadelia Pizza, Salad, Chilled Fruit |

February 7-11

| | |
|-----------|--|
| Monday | Chicken Tenders, Applesauce, Mixed Vegetables |
| Tuesday | Toasted Cheese Sandwich, Tomato Soup, Chilled Fruit |
| Wednesday | Sweet & Sour Chicken, Rice, Vegetables, Mandarin Oranges |
| Thursday | Hot Ham & Cheese on a Small Kaiser Roll |
| Friday | Individual Round Pizza, Salad, Chilled Fruit |

February 14-17

| | |
|-----------|--|
| Monday | Philly Style Cheesesteak with Sauce, Chilled Fruit, Vegetable |
| Tuesday | Nacho’s with Seasoned Beef, Cheese Sauce, & Salsa Corn, Chilled Fruit, Pudding |
| Wednesday | Chicken Nuggets, Dinner Roll, Green Beans, Chilled Fruit |
| Thursday | Pizza Wedge, Tossed Salad, Chilled Fruit |

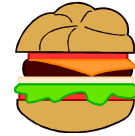
February 22-31

| | |
|-----------|--|
| Tuesday | 8oz Yogurt & Soft Pretzel, Carrot Sticks, Chilled Fruit, Pudding |
| Wednesday | Soft Taco with Cheese, Lettuce, Tomato, Corn Fresh Apple |
| Thursday | Chicken Parmesan on a Bun, Steamed Carrots, Chilled Fruit |
| Friday | French Bread Pizza, Salad, Fruit |
| Monday | 2 for 1 Hot Dogs, Mixed Vegetables, Chilled Fruit, Pudding |

Meals include choice of low-fat white, low-fat chocolate or skim milk.

The Grill

Available Daily:
Cheeseburger,
Chicken Patty



Pizza Time

Available Daily:

Pizza or
Pizza Sticks



Express

Available Daily:

Salad Platters
And a Cold Deli Sandwich



FYI

A personal check is the preferred method of payment for lunch and breakfast. There are several advantages to placing money in your child’s cafeteria account. Serving lines are quicker, leaving more time for eating lunch and socializing and money is not lost or spent outside of the cafeteria, just to name a few.

Monthly Nutrition Message

GRAINS-the Fuel Food!

Grains (bread, pasta, and cereal) are filled with complex carbohydrates, a great source of sustained daily energy. The food guide pyramid recommends that children eat at least six servings per day. Try new grain based snacks! Whole wheat or multi-grain breads, pasta’s and cereal are better for you because it takes your body longer to break them down...thus giving you more energy for the long haul!