



February 2010 Mark West Charter School Lunch Menu
Lunch Cost \$3.75(includes salad bar, fruit and milk) Milk only \$.30

Monday	2/1	El Rollo Beef Taco / Fresh Fruit and Veggie / Tortilla Chips / Treat / Milk
Tuesday	2/2	Grilled ChickenBurger on a WW Bun w Fixins / Fresh Fruit / Popcorn / Milk
Wednesday	2/3	Loco Soft Chicken Taco / Fresh Fruit and Veggie / Scooby Doo Snacks / Milk
Thursday	2/4	Deluxe Pizza / Fresh Fruit and Veggie / Extreme Trail Mix / Milk
Friday	2/5	Super Bowl Lunch Touchdown Chili, Chips & Cheese/ Fresh Fruit / Football Treat / Milk
Monday	2/8	Lincoln's Day
Tuesday	2/9	Double Mini Cheese Burger Sliders / Fresh Fruit and Veggie / Sun Chips / Milk
Wednesday	2/10	Enchirito w Corn / Tortilla Chips / Fresh Fruit / Milk
Thursday	2/11	Deluxe Pizza / Fresh Fruit and Veggie / Extreme Trail Mix / Milk
Friday	2/12	Valentine's Day Chicken Nugget Hearts w Potatoes / Rosy Applesauce / Be My Special Treat / Lovely Milk
Monday	2/15	President's Day
Tuesday	2/16	Grilled Cheese Sandwich on WW Bread/ Fresh Fruit and Veggie/ Corn Chips / Bug Bites / Milk
Wednesday	2/17	Roast Chicken w Mashed Potatoes / Chortles / Fresh Fruit / Milk
Thursday	2/18	Deluxe Pizza / Fresh Fruit and Veggie / Extreme Trail Mix / Milk
Friday	2/19	Chinese New Year Veggie Egg Roll w Chow Mein / Fresh Fruit / Good Fortune Cookie / Milk
Monday	2/22	Corn Dog/ Fresh Fruit and Veggie / Rice Krispie Treat / Milk
Tuesday	2/23	Brunch for Lunch / Pancakes, Cheese Omelet and Sausage / Fresh Fruit/ Yogurt / Milk
Wednesday	2/24	Sloppy Joe on a Whole Wheat Bun / Fresh Fruit and Veggie / Sun Chips / Milk
Thursday	2/25	Deluxe Pizza / Fresh Fruit and Veggie / Extreme Trail Mix / Milk
Friday	2/26	Pasta w Marinara Sauce / Garden Salad /Fresh Fruit / Rice Krispie Treat / Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

THE USDA PROHIBITS DISCRIMINATION IN ALL ITS PROGRAMS AND ACTIVITIES ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN GENDER, RELIGION, AGE, DISABILITY, POLITICAL BELIEFS, SEXUAL ORIENTATION, OR MARITAL OR FAMILY STATUS (NOT ALL PROHIBITED BASES APPLY TO ALL PROGRAMS).

