



# FEBRUARY 2015

## NCAPA Breakfast & Lunch Menus



### CHEF MANNY PANDA'S NUTRITION FACTS

#### February Promotions!

February is Heart Healthy Month & Black History Month!

We have a special **Valentine's Day**  menu with **Dessert** for Lunch on February 12<sup>th</sup>.

We are launching our **Try-It Tuesday** this month in the café! Each Month we will be trying a new item on the menu for either breakfast or lunch. This month we are featuring our grilled cheese and tomato soup on February 24<sup>th</sup>!

- Fun fact – Cooked tomatoes supply the body with powerful antioxidants that protect against cancer, fight inflammation, help prevent sickness. Tomato soup is great way to fill your body with antioxidants!

**Food and Nutrition Services Director:**  
Althea Albert-Santiago, 314-345-4519;  
**Director of Dining Services:**  
Mike Butler, 314-381-4155  
**SFE Associate Director of Nutrition**  
**Operations:** Megan Fraley, 314-381-4155



#### PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



# NCAPA BREAKFAST

## Fresh Fruit and Juice Bar Served Daily!



February 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2- Mini Cinnamon Roll (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Apple Juice, Pineapple Tidbits	3- Egg & Sausage English Muffin Sandwich Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Orange Juice, Applesauce	4- Mini Blueberry Pancakes (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Grape Juice, Mandarin Oranges	5- Cinnamon Raisin Bagel w/ Cream Cheese (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Apple Juice, Sliced Peaches	6- Ham, Egg, & Cheese Quesadilla w/ salsa Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Orange Juice, Fresh Banana
9- Egg & Sausage Taco Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Apple Juice, Sliced Peaches	10- Biscuits & Gravy (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Grape Juice, Pineapple Tidbits	11- Colby Cheese Omelet w/ Salsa (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Oven Baked Potatoes Orange Juice	12- Pineapple & Vanilla Yogurt Parfait (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Apple Juice, Pineapple Tidbits	13- NO SCHOOL
16- PRESIDENT'S DAY!	17- Breakfast Sausage Pizza Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Orange Juice, Applesauce	18- French Toast Sticks w/ Syrup (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Grape Juice, Pineapple Tidbits	19- Blueberry Nutrigrain Bar w/ String Cheese (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Apple Juice, Sliced Peaches	20- Sausage & Cheese Biscuit Sandwich Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Orange Juice, Fresh Banana
23- Cinnamon Raisin Bagel w/ Cream Cheese (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Apple Juice, Pineapple Tidbits	24- Egg & Potato Breakfast Burrito w/ Salsa (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Orange Juice, Applesauce	25- Pancakes w/ Syrup (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Grape Juice, Pineapple Tidbits	26- Strawberry Banana Yogurt Cup w/ Honey Graham Crackers (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Apple Juice, Sliced Peaches	27- Egg, Sausage & Cheese Biscuit Sandwich Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Orange Juice, Fresh Banana

**Food and Nutrition Services; Director: Althea Albert-Santiago, 314-345-4519; Director of Dining Services; Mike Butler, 314-381-4155**  
**SFE Associate Director of Nutrition Operations; Megan Fraley, 314-381-4155**

### Elementary Menu Meal Prices

Menu is subject to change  
 SLPS is a pork-free district  
 All recipes made with whole grains  
 Vegetarian items (v)

Second Lunch Meal ..... \$1.10	Second Breakfast Meal ..... \$1.10	
Staff/Adult Lunch ..... \$2.50	Staff/Adult Breakfast..... \$2.25	Milk ..... \$0.40



The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail to U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410; by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.





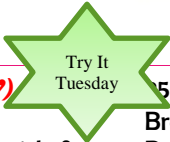
# NCAPA LUNCH

## Fresh Fruit and Vegetable Bar Served Daily!



February 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2- Rice & Beans (V) Spicy Chicken Rings w/ Roll Chicken Quesadilla Mexicorn	3- Rice & Beans (V) Cheese Pizza (V) Turkey & Cheese Sandwich Fresh Steamed Broccoli	4- Rice & Beans (V) Supreme Nachos w/ Spanish Rice Turkey Hot Dog 5 Way Mixed Vegetables	5- Rice & Beans (V) Pepperoni Pizza Grilled Ham & Cheese Sandwich (V) Cooked Crinkle Cut Carrots	6- Rice & Beans (V) Sweet & Sour Chicken w/ Rice Pasta Primavera w/ Chicken Green Beans
9- Rice & Beans (V) Ham Sub Fish Patty Sandwich Tater Gem	10- Rice & Beans (V) Cheese Pizza (V) Turkey Melt Sandwich Fresh Steamed Broccoli	11- Rice & Beans (V) Macaroni & Cheese (V) Southwest Veggie Wrap (V) Corn Kernels	12- Rice & Beans (V) Chicken Spaghetti Pepperoni Pizza Crinkle Cut Carrots <b>Special Valentine's Dessert</b>	13- NO SCHOOL!
16- PRESIDENT'S DAY!	17- Rice & Beans (V) Cheese Pizza (V) Turkey & Cheese Sub 5 Way Mixed Vegetables	18- Rice & Beans (V) Chicken Teriyaki w/ Brown Rice Turkey Corn Dog Corn Kernels	19- Southern Chicken w/ Sweet Potatoes & Corn Bread Grilled Cheese Rice & Beans (V) Pepperoni Pizza Turkey & Cheese Sandwich Greens	20- Rice & Beans (V) Chicken Quesadilla Garlic & Herb Veggie Rotini (V) Green Beans
23- Rice & Beans (V) Fish Patty Bean & Cheese Burrito (V) Tater Gem	24- Rice & Beans (V) Pepperoni Pizza Grilled Cheese Sandwich & Tomato Soup (V) Cooked Crinkle Cut Carrots	25- Rice & Beans (V) Breaded Baked Chicken w/ Roll Turkey Hot dog 5 Way Mixed Vegetables	26- Rice & Beans (V) Cheese Pizza (V) Ham Sub Green Peas	27- Rice & Beans (V) Chicken Alfredo Chicken Nuggets Sweet Potato Fries



**Food and Nutrition Services Director: Althea Albert-Santiago, 314-345-4519; Director of Dining Services: Mike Butler, 314-381-4155**  
**SFE Associate Director of Nutrition Operations: Megan Fraley, 314-381-4155**

Menu is subject to change  
 SLPS is a pork-free district  
 All recipes made with whole grains  
 Vegetarian items (V)

**Milk**  
 Reduced Fat Milk Variety  
 Offered Daily



The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.asc.usda.gov/complaint\\_filing\\_cust.html](http://www.asc.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410; by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.