



FEBRUARY 2015

Nottingham Breakfast & Lunch Menus



CHEF MANNY PANDA'S NUTRITION FACTS

February Promotions!

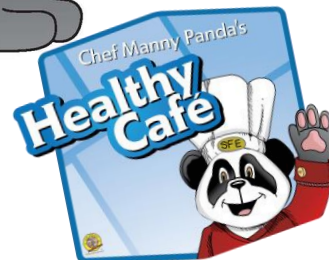
February is Heart Healthy Month & Black History Month!

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

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 24th!

- 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.



NOTTINGHAM 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 WG Toast and Margarine/Jelly Apple Juice, Pineapple Tidbits	3- Egg & Sausage English Muffin Sandwich Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Orange Juice, Applesauce	4- Mini Blueberry Pancakes (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Grape Juice, Mandarin Oranges	5- Cinnamon Raisin Bagel w/ Cream Cheese (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Apple Juice, Sliced Peaches	6- Ham, Egg, & Cheese Quesadilla w/ salsa Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Orange Juice, Fresh Banana
9- Egg & Sausage Taco Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Apple Juice, Sliced Peaches	10- Biscuits & Gravy (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Grape Juice, Pineapple Tidbits	11- Colby Cheese Omelet w/ Salsa (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Hash Brown Potato Patty Orange Juice	12- Pineapple & Vanilla Yogurt Parfait (V) Assorted Low Sugar Cereal WG 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 WG Toast and Margarine/Jelly Orange Juice, Applesauce	18- French Toast Sticks w/ Syrup (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Grape Juice, Pineapple Tidbits	19- Blueberry Nutrigrain Bar w/ String Cheese (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Apple Juice, Sliced Peaches	20- Sausage & Cheese Biscuit Sandwich Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Orange Juice, Fresh Banana
23- Cinnamon Raisin Bagel w/ Cream Cheese (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Apple Juice, Pineapple Tidbits	24- Egg & Potato Breakfast Burrito w/ Salsa (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Orange Juice, Applesauce	25- Pancakes w/ Syrup (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Grape Juice, Pineapple Tidbits	26- Strawberry Banana Yogurt Cup w/ Honey Graham Crackers (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Apple Juice, Sliced Peaches	27- Egg, Sausage & Cheese Biscuit Sandwich (V) Assorted Low Sugar Cereal WG WG Toast and Margarine/Jelly Orange Juice, Fresh Banana

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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 \$1.35	Second Breakfast Meal \$1.35	
Staff/Adult Lunch \$2.50	Staff/Adult Breakfast..... \$2.25	Milk \$0.40

Milk
 Reduced Fat Milk Variety
 Offered Daily



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SLPS

NOTTINGHAM LUNCH

Fresh Fruit and Vegetable Bar Served Daily!



February 2015

Monday

Tuesday

Wednesday

Thursday

Friday

2- Cheeseburger
Turkey & Cheese Sub
Chef Salad w/ Roll
Seasoned Potato Wedges
Carnival Cookie

3- Beef Nachos
Grilled Chicken Garden Salad
Ham & Cheese Sandwich
Broccoli w/ Cheese Sauce

4- Sun Butter & Jelly
Sandwich (V)
Turkey Chili Dog w/ Saltines
Crispy Chicken Salad
5 Way Mixed Vegetables

5- Salisbury Steak w/ Rice &
Roll
Turkey & Cheese Sandwich
Chicken Caesar Salad
Cooked Crinkle Cut Carrots

6- Cheese Pizza (V)
Pepperoni Pizza
Crispy Chicken Salad
Green Beans

9- HM Meatloaf w/ Roll & Rice
Sun Butter&Jelly Sandwich (V)
Chicken Garden Salad
Broccoli Florets

10- Turkey Corn Dog
Ham & Cheese Sub
Chicken Caesar Salad
Crinkle Cut Sweet Potato Fries
Chocolate Pudding

11- Country Fried Steak w/
Roll
Crispy Buffalo Chicken Salad
Ham, Turkey, & Cheese
Sandwich
Green Peas

12- Spaghetti w/ Meatsauce &
Breadstick
Turkey Sandwich
Chef Salad w/ Roll
Crinkle Cut Carrots

13- NO SCHOOL!



Special Valentine's Dessert

16- PRESIDENT'S DAY!

17- Baked Rotini w/
Vegetables & Breadstick (V)
Chicken Caesar Salad
Ham Sub
Green Peas

18- Beef Tacos
Turkey & Cheese Sandwich
Chef Salad w/ Roll
Corn Kernels
Cherry Cobbler

19- Ham Macaroni & Cheese
Grilled Chicken Garden Salad
Sun Butter & Jelly Sandwich (V)
Green Beans

20- Chicken Nuggets w/ Roll
Cheese Sandwich (V)
Crispy Chicken Salad
5 Way Mixed Vegetables

23- Pasta Primavera w/
Chicken & Breadstick
Grilled Chicken Garden Salad
Ham, Turkey & Cheese
Sandwich
Cooked Crinkle Cut Carrots

24- Grilled Cheese & Tomato
Soup (V)
Sun Butter & Jelly
Sandwich (V)
Crispy Chicken Salad
Sweet Potatoes



25- Country Fried Steak w/
Roll
Chef Salad w/ Roll
Chicken Nuggets w/ Roll
Mashed Potatoes

26- Turkey Sandwich
Spaghetti w/ Meatsauce &
Breadstick
Crispy Buffalo Chicken Salad
Broccoli w/ Cheese Sauce

27- Southern Chicken w/ Sweet
Potatoes & Corn Bread
Ham & Cheese Sandwich

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