



January 30th – March 2nd 2012

Del Mar Union School District Menu

Each entrée features milk, compostable packaging & utensils!

	Monday <u>January 30</u>	Tuesday <u>January 31</u>	Wednesday <u>February 1</u>	Thursday <u>February 2</u>	Friday <u>February 3</u>
Option 1	Big and Beefy Painted Hills Burrito with Mexican Rice Fresh Fruit of the Day	Barilla Whole Grain Pasta with Meat Sauce Fresh Fruit of the Day	Baked Potato with Three Bean Chili (V) (GF) Fresh Fruit of the Day	ABF Coleman Naturals Homemade Bagel Dog Crisp Coleslaw Fresh Fruit of the Day	Shepherd's Pie with Beef and Mashed Potatoes (GF) Parker's Crazy Crackers
Option 2	Homemade Chicken Noodle Soup Fresh Fruit of the Day String Cheese	Baked Chicken Tenders with Rice and Corn Fresh Fruit of the Day	Coleman Naturals Cheeseburger on Whole Grain Bun Fresh Fruit of the Day	Handmade Bean and Cheese Burrito with Mexican Rice (V) Fresh Fruit of the Day	Genuine Annie's Mac and Cheese Fresh Vegetable of the Day (V) Fresh Fruit of the Day String Cheese
	<u>February 6</u>	<u>February 7</u>	<u>February 8</u>	<u>February 9</u>	<u>February 10</u>
Option 1	Hand Rolled Chicken Enchiladas with Mexican Rice (GF) Fresh Fruit of the Day	Pan-Seared Chicken Potstickers with Baby Carrots and Jasmine Rice Fresh Fruit of the Day	Homemade Chicken Noodle Soup Fresh Fruit of the Day Honey Roasted Soy 'Nutz'	Barilla Whole Grain Spaghetti with ABF Chicken Meatballs in Marinara Sauce Fresh Fruit of the Day	Coleman Naturals Gluten Free Chicken Strips with Potatoes (GF) Fresh Fruit of the Day Parker's Crazy GF Crackers
Option 2	Hearty Meat Lasagna with Mozzarella Cheese Fresh Fruit of the Day	Three Bean Chili (V) (GF) Fresh Fruit of the Day	BBQ Chicken Sandwich with Roasted Potatoes Fresh Fruit of the Day	Handmade Mild Cheese Tamale (V) (GF) With Mexican Rice Fresh Fruit of the Day	Genuine Annie's Mac and Cheese Fresh Vegetable of the Day (V) Fresh Fruit of the Day String Cheese

Veg= Vegetarian

GF= Gluten Free

Notes: Each day's menu is based on Enhanced Food-Based Menu Planning as determined by the USDA. Menu subject to change.

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	Monday	Tuesday	Wednesday	Thursday	Friday
	February 13	February 14	February 15	February 16	February 17
Option 1	ABF Chicken Burrito with Fresh Cut Salsa Fresh Fruit of the Day	Baked Chicken Tenders with Rice and Corn Fresh Fruit of the Day	Pan-Seared Chicken Potstickers with Baby Carrots and Jasmine Rice Fresh Fruit of the Day	Coleman Naturals Cheeseburger on Whole Grain Bun Fresh Fruit of the Day	Gluten Free Pasta with Hearty Meat Sauce (GF) Fresh Fruit of the Day
Option 2	Tangy and Sweet Chili Mac with Ground Turkey Fresh Fruit of the Day	BBQ ABF Chicken with Corn and Smashed Red Potatoes (GF) Fresh Fruit of the Day	ABF Chicken Fajita Platter with Mexican Rice (GF) Fresh Fruit of the Day	Barilla Whole Grain Spaghetti in Marinara Sauce Fresh Fruit of the Day String Cheese	Shredded Chicken "Taqitos" with Mexican Rice Fresh Fruit of the Day Fresh Veggie of the Day
	February 27	February 28	February 29	March 1	March 2
Option 1	Gluten Free Pasta with Hearty Meat Sauce (GF) Fresh Fruit of the Day	Barilla Whole Grain Spaghetti in Meat Sauce Fresh Fruit of the Day	Genuine Annie's Mac and Cheese (Veg) Fresh Vegetable of the Day Fresh Fruit of the Day Sunflower Seeds	Pan-Seared Chicken Potstickers with Baby Carrots and Jasmine Rice Fresh Fruit of the Day	Shredded Chicken "Taqitos" with Mexican Rice Fresh Fruit of the Day Fresh Veggie of the Day
Option 2	Slow Roasted Carnitas Burrito with Pico De Gallo Fresh Fruit of the Day	Baked Chicken Tenders with Rice and Corn Fresh Fruit of the Day	ABF Coleman Naturals Homemade Bagel Dog Crisp Coleslaw Fresh Fruit of the Day	Handmade Bean and Cheese Burrito with Rice (Veg) Fresh Fruit of the Day	Herb Roasted Chicken with Potatoes (GF) Fresh Fruit of the Day

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