



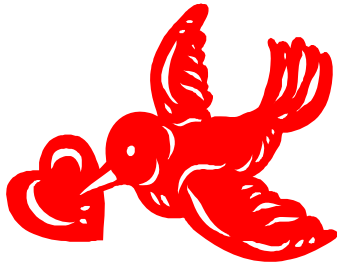
Bridge City Independent School District
February 2012
Middle School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Region 5 ESC Food Service Coop's 12 th Annual Food Show & Tasting Beaumont Civic Center Tuesday Feb. 14 Students & Parents 4:00 pm – 6:00 pm 		1 <i>Sausage/Egg/Cheese Tac-Go</i> ***** Turkey Tinga Tostada Rice Pilaf Seasoned Corn Salsa	2 <i>Breakfast Wrap</i> ***** Gumbo w/ Hot Rice/ Crackers Potato Salad Country Blend Vegetables Fresh Fruit	3 <i>Warm Donut</i> ***** Egg Rolls w/Sweet & Sour Sauce Asian Blend Vegetables Pineapple Chunks Bread Stick Fortune Cookie
6 <i>Pizza Bagel</i> ***** Steak Fingers w/Gravy Chilled Fruit Glazed Carrots Homemade Roll	7 <i>Biscuit & Sausage</i> ***** King Ranch Casserole Seasoned Peas and Carrots Fresh Fruit Homemade Roll	8 <i>Pancakes & Sausage Link</i> ***** Ham and Cheese Melt Fresh Veggies w/Dip Chips Chilled Fruit	9 <i>Scrambled Egg w/Toast</i> ***** Homemade Chili Hot Rice Pickle Spears Fresh Fruit Crackers	10 <i>Snack n Waffles</i> ***** Hot Dog Pork & Beans Chilled Fruit Cole Slaw
13 <i>Breakfast Pizza Pocket</i> ***** Heart Shaped Nuggets Smile Potatoes Squash & Zucchini Mix Homemade Roll Gravy	14 <i>Oatmeal & Toast</i> ***** Spaghetti w/Meatballs Seasoned Lima Beans Fresh Fruit Garlic Bread <i>Valentine Treat!</i>	15 <i>Kolache</i> ***** BBQ Rib on Bun Baked Fries Seasoned Corn Jell-O	16 <i>Pizza Strips</i> ***** Chicken & Dumplings Okra and Tomatoes Fresh Fruit Texas Toast	17 <i>Yogurt and Muffin</i> ***** Beef Soft Tacos Lettuce / Tomato / Cheese Refried Beans Spanish Rice
20 <i>Breakfast Pizza</i> ***** Meatloaf Chilled Fruit Seasoned Peas Homemade Roll 	21 <i>Biscuit & Sausage</i> ***** Beef & Cheese Nachos Lettuce / Tomato Pinto Beans Spanish Rice	22 <i>Smucker P B & J</i> ***** Beans & Hot Rice Seasoned Green Beans Fresh Fruit Cornbread	23 <i>Scrambled Egg w/Toast</i> ***** Mandarin Chicken Chilled Fruit Steamed Broccoli Santa Fe Rice Goldfish	24 <i>Twin Waffles</i> ***** Twin Cheese Sticks Twin Celery Sticks w/Dip Twin Fruit Twin Cookies
27 <i>Kolache</i> ***** Chicken Sticks Chilled Fruit Seasoned Green Beans Homemade Roll Country Gravy	28 <i>Breakfast Wrap</i> ***** Fiesta Chili Mac Mexicali Corn Fresh Fruit Cornbread	29 <i>Pancakes & Sausage Link</i> ***** Turkey Burger Lettuce / Pickles / Tomato Mixed Fruit Baked French Fries	GO - These foods are lowest in fat. You can eat them "almost" anytime. SLOW - These foods are higher in fat. You can eat them "sometimes". WHOA - These foods are highest in fat. You can eat them "on occasion" combined with other GO foods.	

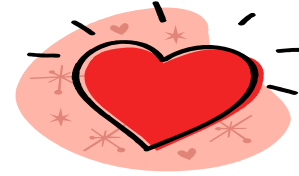
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Daily **Chicken Nuggets** **Mashed Potatoes/Mashed Sweet Potatoes** **Fresh Fruit** **Country Gravy** **Brown Gravy**

- A variety of milk is offered with all meals.
- Available daily at Breakfast: cereal & graham crackers, fruit or fruit juice. Breakfast is \$1.35 (\$0.30 reduced) for students and \$1.95 for staff and \$2.45 for visitors.
- Lunch - Fresh Fruit is offered daily. Chicken nuggets offered daily as an alternate lunch entrée.
- Students can select one meat entrée & two vegetables, fruit or salad daily for Lunch.
- Lunch is \$2.10 (\$0.40 reduced) for students and \$3.10 for staff and \$3.60 for visitors.
- Menu subject to change due to availability of food items.



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