

Middle School

THE KITCHEN

FEBRUARY 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
LIGHT OPTION	GRILLED CK SALAD	CHEF SALAD	SOUTHWEST CK SALAD	CLUB SALAD	GRILLED CK CAESAR
			1	2	3
Week of February 1 st 2012			Beef enchiladas or chicken empanadas, Spanish rice, refried beans, Mexi-corn, flour tortillas and salsa	BBQ brisket or pork ribs, both with potato salad, macaroni and cheese and homemade ranch style beans	Chicken fried steak or fried chicken breast, both with mashed potatoes and cream gravy, green beans with bacon and corn
	6	7	8	9	10
Week of February 6 th 2012	Bacon and cheese steak or roasted pork loin with mashed potatoes and gravy, navy beans and buttered spinach	Stuffed pasta shells with a side of noodles Alfredo, broccoli and sweet carrots or Spaghetti and meatballs with salad and bread	Carne guisada or chicken enchiladas, both with Spanish rice, refried beans, seasoned corn, flour tortillas and salsa	Smothered pork chops or pot roast, both with potatoes and carrots, green bean casserole and corn on the cob	Chicken fried steak or fried chicken breast, both with mashed potatoes and cream gravy, green beans with bacon and corn
	13	14	15	16	17
Week of February 13 th 2012	Meatloaf or bacon and cheese chicken breast, mashed potatoes and gravy, mixed greens with bacon and black eyed peas	Chicken Parmesan over noodles and sauce with broccoli and sweet carrots or Spaghetti and meatballs with salad and bread	Beef enchiladas or chicken empanadas, both with Spanish rice, charro beans, seasoned corn, flour tortillas and salsa	Swiss steak or stuffed pork chops over rice and gravy, broccoli Normandy and macaroni and cheese	Chicken fried steak or fried chicken breast, both with mashed potatoes and cream gravy, green beans with bacon and corn
	20	21	22	23	24
Week of February 20 th 2012	NO SCHOOL	Lasagna with a side of noodles Alfredo, broccoli and sweet carrots or Spaghetti and meatballs with salad and bread	Beef enchiladas or beef soft tacos, Spanish rice, charro beans, seasoned corn, flour tortillas and salsa	Chicken and bacon casserole over rice or baked ham with mashed potatoes, both with peas and carrots and corn on the cob	Chicken fried steak or fried chicken breast, both with mashed potatoes and cream gravy, green beans with bacon and corn
	27	28	29		
Week of February 28 th 2012	Meatloaf or bacon and cheese chicken breast, mashed potatoes and gravy, mixed greens with bacon and black eyed peas	Stuffed pasta shells with a side of noodles Alfredo, broccoli and sweet carrots or Spaghetti and meatballs with salad and bread	Carne guisada or chicken empanadas, Spanish rice, charro beans, seasoned corn, flour tortillas and salsa		