

**WEST BATON ROUGE CHILD NUTRITION PROGRAM**  
**BREAKFAST AND LUNCH MENUS**  
**FEBRUARY 2009**

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| <p>2</p> <p>2 oz. Muffin<br/>Juice / Milk</p> <p><b>Red Beans w/Sausage</b><br/> <b>Steamed Brown Rice</b><br/> <b>Steamed Cabbage</b><br/> <b>Fresh Fruit</b><br/> <b>Cornbread</b><br/> <b>Milk</b></p>            | <p>3</p> <p>Whole Wheat Waffles<br/>Juice / Milk</p> <p><b>Whole Grain Pizza</b><br/> <b>Carrot/Celery Sticks w/</b><br/> <b>lo Fat Dressing</b><br/> <b>Seasoned Corn</b><br/> <b>Jell-O / Graham</b><br/> <b>Crackers</b><br/> <b>Milk</b></p>  | <p>4</p> <p>Cheese Toast<br/>Cereal / Juice<br/>Milk</p> <p><b>Turkey or Chicken Stew</b><br/> <b>Steamed Brown Rice</b><br/> <b>Steamed Broccoli</b><br/> <b>Fresh Fruit</b><br/> <b>Wheat Roll</b><br/> <b>Milk</b></p>   | <p>5</p> <p>Break fast Pizza<br/>Banana / Milk</p> <p><b>*Chili/Cheese Loaded</b><br/> <b>Potato</b><br/> <b>Spinach Salad w/Italian</b><br/> <b>vinaigrette dressing</b><br/> <b>Fruit / Whole Wheat</b><br/> <b>Crackers</b><br/> <b>Oatmeal Cookies Milk</b><br/> <i>*ES Option: Pizza Burger</i><br/> <i>* HS Option: Chef Salad</i></p> | <p>6</p> <p>Scrambled Eggs<br/>Toast / Juice / Milk</p> <p><b>Grilled Chicken Wrap</b><br/> <b>w/ Lo Fat Ranch</b><br/> <b>Dressing</b><br/> <b>Lettuce / Tomato</b><br/> <b>California Blend Veggies</b><br/> <b>Sliced Peaches</b><br/> <b>Milk</b></p> |
| <p>9</p> <p>Pancake/Syrup/Patties<br/>Juice/Milk</p> <p><b>Popcorn Chicken</b><br/> <b>Macaroni N Cheese</b><br/> <b>Seasoned Green Beans</b><br/> <b>Pineapple Tidbits</b><br/> <b>WW Roll</b><br/> <b>Milk</b></p> | <p>10</p> <p>Breakfast Stix w/Syrup<br/>Fruit Choice/Milk</p> <p><b>Hamburger on WW Bun</b><br/> <b>Lettuce/Tomato/Pickle</b><br/> <b>Potato Rounds</b><br/> <b>Fresh Orange Half</b><br/> <b>Catsup/Mustard/Mayo</b><br/> <b>Milk</b></p>  | <p>11</p> <p>2 oz Cereal / Cheese Stick<br/>Juice/Milk</p> <p><b>Baked Chicken</b><br/> <b>Creamed Potatoes</b><br/> <b>Seasoned Black-eyed</b><br/> <b>Peas</b><br/> <b>Fresh Fruit</b><br/> <b>WW Roll</b><br/> <b>Milk</b></p>   | <p>12</p> <p>Biscuit / Jelly<br/>Bananas / Milk</p> <p><b>Spaghetti/Meat Sauce</b><br/> <b>Corn on the Cob</b><br/> <b>Green Salad</b><br/> <b>Lo fat Pudding</b><br/> <b>WW Garlic Bread</b><br/> <b>Milk</b></p>   | <p>13</p> <p>Scrambled Eggs / Grits<br/>Toast / Juice/ Milk</p> <p><b>Hot Dogs</b><br/> <b>Baked Beans</b><br/> <b>Fresh Fruit</b><br/> <b>Banana Bread Squares</b><br/> <b>Milk</b></p>  |
| <p>16</p> <p>Toast w/ PB &amp; J<br/>Cereal<br/>Juice/Milk</p> <p><b>Pulled Pork</b><br/> <b>On WW Bun</b><br/> <b>Spicy Wedges or Fries</b><br/> <b>Coleslaw</b><br/> <b>Sliced Peaches</b><br/> <b>Milk</b></p>    | <p>17</p> <p>Breakfast Stix w/Syrup<br/>Fruit Choice<br/>Milk</p> <p><b>White Beans w/Ham</b><br/> <b>Steamed Rice</b><br/> <b>Seasoned Greens*</b><br/> <b>Fresh Fruit</b><br/> <b>Corn Bread</b><br/> <b>Vanilla Wafers</b><br/> <b>Milk</b><br/> <i>*Option: Mustard or Turnip</i></p> | <p>18</p> <p>Sausage Biscuit<br/>Juice/Milk</p> <p><b>Beef /Cheese Nachos*</b><br/> <b>Refried Beans</b><br/> <b>Lettuce/Tomato Salad</b><br/> <b>Fresh Fruit</b><br/> <b>Graham Crackers / Milk</b><br/> <i>Conferences-early dismissal</i><br/> <i>Elem .and Middle</i></p> | <p>19</p> <p>Low fat Yogurt<br/>Graham Crackers<br/>Fruit / Milk</p> <p><b>Spicy Oven Baked</b><br/> <b>Chicken</b><br/> <b>*Red Beans w /rice</b><br/> <b>Biscuit</b><br/> <b>Banana</b><br/> <b>Milk</b><br/> <i>* No Sausage in Beans</i></p>   | <p>20</p> <p>French Toast Sticks<br/>Juice/Milk</p> <p><b>Chicken/Sausage</b><br/> <b>Pastalaya</b><br/> <b>Baked Sweet Potato</b><br/> <b>Frozen Fruit Dessert</b><br/> <b>WW Rolls</b><br/> <b>Milk</b></p>   |
| <p>23</p> <p><b>MARDI GRAS</b></p>   | <p>24</p> <p><b>MARDI GRAS</b></p>  | <p>25</p> <p>Cinnamon Toast<br/>Cereal<br/>Juice/Milk</p> <p><b>Fish Patty on Buns</b><br/> <b>French Fries</b><br/> <b>Fresh Fruit Choice</b><br/> <b>Bread Pudding</b><br/> <b>Milk</b><br/> <i>Ash Wednesday</i></p>   | <p>26</p> <p>Break fast Pizza<br/>Banana / Milk</p> <p><b>Red Beans w/Sausage</b><br/> <b>Steamed Brown Rice</b><br/> <b>Steamed Cabbage</b><br/> <b>Fresh Fruit</b><br/> <b>Cornbread</b><br/> <b>Milk</b></p>  | <p>27</p> <p>Scrambled Eggs<br/>Toast / Juice / Milk</p> <p><b>Vegetable Soup</b><br/> <b>Grilled Cheese</b><br/> <b>Sandwich</b><br/> <b>Green Salad</b><br/> <b>Fresh Fruit</b><br/> <b>Milk</b></p>  |

**Menus are subject to change without notice**