

# BELL OAKS SCHOOL

## LUNCH MENU

**FEBRUARY 2010**

Check us out on the Web at:  
www.nsfm.com

Price List	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Paid Lunch \$1.60 Adult Lunch \$2.50 Premium Lunch \$1.75 Milk 45¢ Salad Bar \$1.60 Ice Cream 60¢ - \$1.00 Soft Pretzel 60¢ Baked Chips 75¢ Big Cookie 50¢</p> <p><u>Available Daily</u> Choice of Fresh or Cupped Fruit or Juice Milk Choices: 1% White or Choc. or Strawberry and Skim Bread Basket</p> <p><b>Veggie of the Month</b> <b>Celery</b></p> <p><b>Fruit of the Month</b> <b>Pears</b></p> <p>Pre-Paid Tickets Available</p> <p>Meal Pattern: Each lunch consists of at least 5 components: Protein, Grains, Vegetable, Fruit, and Milk Students must select 3 of the 5 components to be considered a meal otherwise it's an ala carte purchase</p>	<p style="text-align: right;"><b>1</b></p> <p style="text-align: center;"><u><b>Corn Dog</b></u> <u><b>w/Dip Cup</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Oven-Baked Beans Applesauce Milk Choice</p>	<p style="text-align: right;"><b>2</b></p> <p style="text-align: center;"><u><b>Oven Fried Chicken</b></u> <u><b>w/Biscuit</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Corn Niblets Pineapple Pieces Milk Choice</p>	<p style="text-align: right;"><b>3</b></p> <p style="text-align: center;"><u><b>CHEESESTEAK</b></u> <u><b>on a TORPEDO ROLL</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Onion Rings Fresh Pear Milk Choice</p>	<p style="text-align: right;"><b>4</b></p> <p style="text-align: center;"><u><b>Chicken Nuggets</b></u> <u><b>w/Dinner Roll</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Tater Tots 100% Fruit Juice Cup Milk Choice</p>	<p style="text-align: right;"><b>5</b></p> <p style="text-align: center;"><u><b>PREMIUM</b></u> <u><b>Domino's PIZZA</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Celery Sticks w/dip Sliced Peaches Milk Choice</p>
	<p style="text-align: right;"><b>8</b></p> <p style="text-align: center;"><u><b>HALF-DAY</b></u> <u><b>SESSION</b></u> Bag Lunch</p> <p>Turkey &amp; Cheese on a Roll Fruit, Carrots, Fun Size Chips Milk Choice</p>	<p style="text-align: right;"><b>9</b></p> <p style="text-align: center;"><u><b>HALF-DAY</b></u> <u><b>SESSION</b></u> Bag Lunch</p> <p>Turkey &amp; Cheese on a Roll Fruit, Carrots, Fun Size Chips Milk Choice</p>	<p style="text-align: right;"><b>10</b></p> <p style="text-align: center;"><u><b>Nachos El' Grande</b></u> <u><b>w/Cinnamon Churo</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Spanish Rice Sliced Pears Milk Choice</p>	<p style="text-align: right;"><b>11</b></p> <p style="text-align: center;"><u><b>HOT DOG</b></u> <u><b>on a Bun</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> French Fries Mixed Fruit Cup Milk Choice</p>	<p style="text-align: right;"><b>12</b></p> <p style="text-align: center;"><u><b>French Bread</b></u> <u><b>Pizza</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Tossed Salad / dressing 100% Fruit Juice Cup Milk Choice</p>
	<p style="text-align: right;"><b>15</b></p> <p style="text-align: center;"><u><b>SCHOOL</b></u> <u><b>CLOSED</b></u></p> <p style="text-align: center;"><b>PRESIDENTS' DAY</b></p>	<p style="text-align: right;"><b>16</b></p> <p style="text-align: center;"><u><b>French Toast Links</b></u> <u><b>w/Sausage Link</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Hash Browns 100% Apple Juice Milk Choice</p>	<p style="text-align: right;"><b>17</b></p> <p style="text-align: center;"><u><b>Chicken Nuggets</b></u> <u><b>w/Biscuit</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Glazed Carrot Coins Peach Smilies Milk Choice</p>	<p style="text-align: right;"><b>18</b></p> <p style="text-align: center;"><u><b>Macaroni &amp; Cheese</b></u> <u><b>w/Dinner Roll</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Garden Green Beans Mixed Fruit Cup Milk Choice</p>	<p style="text-align: right;"><b>19</b></p> <p style="text-align: center;"><u><b>PREMIUM</b></u> <u><b>Domino's PIZZA</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Caesar Salad Cilled Pears Milk Choice</p>
	<p style="text-align: right;"><b>22</b></p> <p style="text-align: center;"><u><b>Cheeseburger</b></u> <u><b>on a Bun</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> French Fries Applesauce Milk Choice</p>	<p style="text-align: right;"><b>23</b></p> <p style="text-align: center;"><u><b>Popcorn Chicken</b></u> <u><b>w/Buttered Noodles</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Golden Corn Chilled Peaches Milk Choice</p>	<p style="text-align: right;"><b>24</b></p> <p style="text-align: center;"><u><b>BEEF &amp; MACARONI</b></u> <u><b>with BREAD STIK</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Toss Salad w/ Dressing Sliced Pears Milk Choice</p>	<p style="text-align: right;"><b>25</b></p> <p style="text-align: center;"><u><b>Taco Twins</b></u> <u><b>w/toppings</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Tex-Mex Corn 100% Grape Juice Milk Choice</p>	<p style="text-align: right;"><b>26</b></p> <p style="text-align: center;"><u><b>TONY'S</b></u> <u><b>PIZZA</b></u> or Deli Bar</p> <p><b>Lunch Choice Includes:</b> Tossed Salad / dressing Mixed Fruit Cup Milk Choice</p>
					<p><i>Deli Bar Choices</i> <b>Ham &amp; Cheese Hoagie</b> <b>Turkey &amp; Cheese Hoagie</b> <b>Italian Hoagie</b> <b>Cheese Sandwich</b> <b>Tuna on white bread</b> <b>Assorted Wraps</b> <b>and much more!</b></p>

# BELLMAWR PARK SCHOOL

## LUNCH MENU

**FEBRUARY 2010**

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Price List	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Adult Lunch \$2.50 Premium Lunch \$1.75 Milk 45¢ Snacks 50¢ Ice Cream 50¢	<b>1</b> <u>Corn Dog</u> <u>w/Dip Cup</u> or Chicken Patty <b>Lunch Choice Includes:</b> Oven-Baked Beans Applesauce Milk Choice	<b>2</b> <u>Oven Fried Chicken</u> <u>w/Biscuit</u> or Hot Dog <b>Lunch Choice Includes:</b> Corn Niblets Pineapple Pieces Milk Choice	<b>3</b> <u>CHEESESTEAK</u> <u>on a TORPEDO ROLL</u> or Hot Dog <b>Lunch Choice Includes:</b> Onion Rings Fresh Pear Milk Choice	<b>4</b> <u>Chicken Nuggets</u> <u>w/Dinner Roll</u> or Hot Dog <b>Lunch Choice Includes:</b> Green Beans 100% Fruit Juice Cup Milk Choice	<b>5</b> <u>PREMIUM</u> <u>Domino's PIZZA</u> or Hot Dog <b>Lunch Choice Includes:</b> Celery Sticks w/dip Sliced Peaches Milk Choice
<i>Available Daily</i> Choice of Fresh or Cupped Fruit or Juice Milk Choices: 1% White or Choc. or Strawberry and Skim Bread Basket	<b>8</b> <u>HALF-DAY</u> <u>SESSION</u> Bag Lunch Turkey & Cheese on a Roll Fruit, Carrots, Fun Size Chips Milk Choice	<b>9</b> <u>HALF-DAY</u> <u>SESSION</u> Bag Lunch Turkey & Cheese on a Roll Fruit, Carrots, Fun Size Chips Milk Choice	<b>10</b> <u>Nachos El' Grande</u> <u>w/Cinnamon Churo</u> or Hot Dog <b>Lunch Choice Includes:</b> Spanish Rice Sliced Pears Milk Choice	<b>11</b> <u>HOT DOG</u> <u>on a Bun</u> or Chicken Patty <b>Lunch Choice Includes:</b> Cole Slaw Mixed Fruit Cup Milk Choice	<b>12</b> <u>French Bread</u> <u>Pizza</u> or Hot Dog <b>Lunch Choice Includes:</b> Tossed Salad / dressing Applesauce Milk Choice
<b>Veggie of the Month</b> <b>Celery</b>  <b>Fruit of the Month</b> <b>Pears</b>	<b>15</b> <u>SCHOOL</u> <u>CLOSED</u>	<b>16</b> <u>French Toast Links</u> <u>w/Sausage Link</u> or Hot Dog <b>Lunch Choice Includes:</b> Golden Corn 100% Apple Juice Milk Choice	<b>17</b> <u>Chicken Nuggets</u> <u>w/Biscuit</u> or Hot Dog <b>Lunch Choice Includes:</b> Glazed Carrot Coins Peach Smilies Milk Choice	<b>18</b> <u>Macaroni &amp; Cheese</u> <u>w/Dinner Roll</u> or Hot Dog <b>Lunch Choice Includes:</b> Garden Green Beans Mixed Fruit Cup Milk Choice	<b>19</b> <u>PREMIUM</u> <u>Domino's PIZZA</u> or Hot Dog <b>Lunch Choice Includes:</b> Caesar Salad Cilled Pears Milk Choice
Pre-Paid Tickets Available  Alternate Choices BP&J Sandwich Yogurt & Bagel w/cheese Garden Salad w/protein Hot Dog on a Bun Cereal Bowl lunch w/protein Assorted Sandwiches	<b>22</b> <u>Cheeseburger</u> <u>on a Bun</u> or Hot Dog <b>Lunch Choice Includes:</b> Pearly Peas Applesauce Milk Choice	<b>23</b> <u>Popcorn Chicken</u> <u>w/Buttered Noodles</u> or Hot Dog <b>Lunch Choice Includes:</b> Golden Corn Chilled Peaches Milk Choice	<b>24</b> <u>BEEF &amp; MACARONI</u> <u>with BREAD STIK</u> or Hot Dog <b>Lunch Choice Includes:</b> Celery Sticks w/ dip Sliced Pears Milk Choice	<b>25</b> <u>Taco Twins</u> <u>w/toppings</u> or Hot Dog <b>Lunch Choice Includes:</b> Tex-Mex Corn 100% Grape Juice Milk Choice	<b>26</b> <u>Tony's</u> <u>Pizza</u> or Hot Dog <b>Lunch Choice Includes:</b> Tossed Salad / dressing Mixed Fruit Cup Milk Choice

# BURKE SCHOOL

## LUNCH MENU

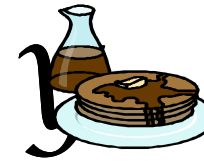
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<b>Price List</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Paid Lunch \$1.60 Adult Lunch \$2.50 Premium Lunch \$1.75 Milk 45¢ Snacks 50¢ Ice Cream 50¢	<b>1</b> <u>Corn Dog</u> <u>w/Dip Cup</u> or Chicken Patty <b>Lunch Choice Includes:</b> Oven-Baked Beans Applesauce Milk Choice	<b>2</b> <u>Oven Fried Chicken</u> <u>w/Biscuit</u> or Hot Dog <b>Lunch Choice Includes:</b> Corn Niblets Pineapple Pieces Milk Choice	<b>3</b> <u>CHEESESTEAK</u> <u>on a TORPEDO ROLL</u> or Hot Dog <b>Lunch Choice Includes:</b> Onion Rings Fresh Pear Milk Choice	<b>4</b> <u>Chicken Nuggets</u> <u>w/Dinner Roll</u> or Hot Dog <b>Lunch Choice Includes:</b> Green Beans 100% Fruit Juice Cup Milk Choice	<b>5</b> <u>PREMIUM</u> <u>Domino's PIZZA</u> or Hot Dog <b>Lunch Choice Includes:</b> Celery Sticks w/dip Sliced Peaches Milk Choice
Available Daily Choice of Fresh or Cupped Fruit or Juice Milk Choices: 1% White or Choc. or Strawberry and Skim Bread Basket	<b>8</b> <u>HALF-DAY</u> <u>SESSION</u> Bag Lunch Turkey & Cheese on a Roll Fruit, Carrots, Fun Size Chips Milk Choice	<b>9</b> <u>HALF-DAY</u> <u>SESSION</u> Bag Lunch Turkey & Cheese on a Roll Fruit, Carrots, Fun Size Chips Milk Choice	<b>10</b> <u>Nachos El' Grande</u> <u>w/Cinnamon Churo</u> or Hot Dog <b>Lunch Choice Includes:</b> Spanish Rice Sliced Pears Milk Choice	<b>11</b> <u>HOT DOG</u> <u>on a Bun</u> or Chicken Patty <b>Lunch Choice Includes:</b> Cole Slaw Mixed Fruit Cup Milk Choice	<b>12</b> <u>French Bread</u> <u>Pizza</u> or Hot Dog <b>Lunch Choice Includes:</b> Tossed Salad / dressing Applesauce Milk Choice
<b>Veggie of the Month</b> <b>Celery</b>  <b>Fruit of the Month</b> <b>Pears</b>	<b>15</b> <u>SCHOOL</u> <u>CLOSED</u>	<b>16</b> <u>French Toast Links</u> <u>w/Sausage Link</u> or Hot Dog <b>Lunch Choice Includes:</b> Golden Corn 100% Apple Juice Milk Choice	<b>17</b> <u>Chicken Nuggets</u> <u>w/Biscuit</u> or Hot Dog <b>Lunch Choice Includes:</b> Glazed Carrot Coins Peach Smilies Milk Choice	<b>18</b> <u>Macaroni &amp; Cheese</u> <u>w/Dinner Roll</u> or Hot Dog <b>Lunch Choice Includes:</b> Garden Green Beans Mixed Fruit Cup Milk Choice	<b>19</b> <u>PREMIUM</u> <u>Domino's PIZZA</u> or Hot Dog <b>Lunch Choice Includes:</b> Caesar Salad Cilled Pears Milk Choice
Pre-Paid Tickets Available  Alternate Choices PB&J Sandwich Yogurt & Bagel w/cheese Garden Salad w/protein Hot Dog on a Bun Cereal Bowl lunch w/protein Assorted Sandwiches	<b>22</b> <u>Cheeseburger</u> <u>on a Bun</u> or Hot Dog <b>Lunch Choice Includes:</b> Pearly Peas Applesauce Milk Choice	<b>23</b> <u>Popcorn Chicken</u> <u>w/Buttered Noodles</u> or Hot Dog <b>Lunch Choice Includes:</b> Golden Corn Chilled Peaches Milk Choice	<b>24</b> <u>BEEF &amp; MACARONI</u> <u>with BREAD STIK</u> or Hot Dog <b>Lunch Choice Includes:</b> Celery Sticks w/ dip Sliced Pears Milk Choice	<b>25</b> <u>Taco Twins</u> <u>w/toppings</u> or Hot Dog <b>Lunch Choice Includes:</b> Tex-Mex Corn 100% Grape Juice Milk Choice	<b>26</b> <u>Tony's</u> <u>Pizza</u> or Hot Dog <b>Lunch Choice Includes:</b> Tossed Salad / dressing Mixed Fruit Cup Milk Choice



# FEBRUARY



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## Breakfast Menu

Breakfast Menu	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Prices</b></p> <p>Student Breakfast 75¢ Reduced 40¢</p>	1 Assorted Cold Cereal Graham Crackers 100% Fruit Juice Cup Milk Choice	2 Breakfast Wrap (Egg in a Soft Taco Shell) 100% Fruit Juice Cup Milk Choice	3 Snow-Topped Funnel Cake 100% Fruit Juice Cup Milk Choice	4 Maple Flavored Waffle 100% Fruit Juice Cup Milk Choice	5 Assorted Cold Cereal Graham Crackers 100% Fruit Juice Cup Milk Choice
<p><b>Available Daily:</b> *All selections include: Milk Choices; <b>Milk Choices:</b> 1%, White, Choc. Strawberry, Skim</p>	8 Assorted Cold Cereal Graham Crackers 100% Fruit Juice Cup Milk Choice	9 Breakfast Wrap (Egg in a Soft Taco Shell) 100% Fruit Juice Cup Milk Choice	10 Snow-Topped Funnel Cake 100% Fruit Juice Cup Milk Choice	11 Maple Flavored Waffle 100% Fruit Juice Cup Milk Choice	12 Assorted Cold Cereal Graham Crackers 100% Fruit Juice Cup Milk Choice
<p><b>Prepaid Tickets Available in Advance:</b> Check Payable to <i>School</i> Cafeteria</p>	15 <b>SCHOOL CLOSED</b> <b>PRESIDENTS' DAY</b>	16 Breakfast Wrap (Egg in a Soft Taco Shell) 100% Fruit Juice Cup Milk Choice	17 Snow-Topped Funnel Cake 100% Fruit Juice Cup Milk Choice	18 Maple Flavored Waffle 100% Fruit Juice Cup Milk Choice	19 Assorted Cold Cereal Graham Crackers 100% Fruit Juice Cup Milk Choice
	22 Assorted Cold Cereal Graham Crackers 100% Fruit Juice Cup Milk Choice	23 Breakfast Wrap (Egg in a Soft Taco Shell) 100% Fruit Juice Cup Milk Choice	24 Snow-Topped Funnel Cake 100% Fruit Juice Cup Milk Choice	25 Maple Flavored Waffle 100% Fruit Juice Cup Milk Choice	26 Assorted Cold Cereal Graham Crackers 100% Fruit Juice Cup Milk Choice