

# WMS February 2009

## Lunch Menu



February is "American Heart Month". Try to eat an entrée with a "♥" next to it at least twice each week. Eating fruits, vegetables, & whole grains everyday is heart healthy!

Each day fresh subs, wraps, and salads are available. When you add less cheese & salad dressing many items become heart healthy ♥!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Chicken Poppers with French Fries</p> <p>☺ Sloppy Joe on a Bun</p>	<p><b>3</b></p> <p>Mexican Bar</p> <p>Burritos &amp; ☺ Rice</p>	<p><b>4</b></p> <p>*Guest Pizza</p> <p>Breakfast for Lunch</p>	<p><b>5</b></p> <p>♥ *Pasta Bar with Salad &amp; Breadstick</p>	<p><b>6</b></p> <p>☺ Hamburger with Tater Tots</p> <p>☺ *Grilled Cheese Sandwich &amp; Soup</p>
<p><b>9</b></p> <p>Chicken Poppers with French Fries</p> <p>☺ Hot Dog on a Bun</p>	<p><b>10</b></p> <p>Mexican Bar</p> <p>Burritos &amp; ☺ Rice</p>	<p><b>11</b></p> <p>*Guest Pizza</p> <p>Breakfast for Lunch</p>	<p><b>12</b></p> <p>♥ *Pasta Bar with Salad &amp; Breadstick</p>	<p><b>13</b></p> <p>☺ Hamburger with Tater Tots</p> <p>☺ *Grilled Cheese Sandwich &amp; Soup</p>
<p><b>16</b></p> <p>Chicken Poppers with French Fries</p> <p>☺ Chicken Patty a Bun</p>	<p><b>17</b></p> <p>Mexican Bar</p> <p>Burritos &amp; ☺ Rice</p>	<p><b>18</b></p> <p>*Guest Pizza</p> <p>Breakfast for Lunch</p>	<p><b>19</b></p> <p>♥ *Pasta Bar with Salad &amp; Breadstick</p>	<p><b>20</b></p> <p>☺ Hamburger with Tater Tots</p> <p>☺ Grilled Cheese Sandwich &amp; Soup</p>
<p><b>23</b></p> <p>Chicken Poppers with French Fries</p> <p>Ham or Turkey Ciabatta Sandwich</p>	<p><b>24</b></p> <p>Mexican Bar</p> <p>Burritos &amp; ☺ Rice</p>	<p><b>25</b></p> <p>*Guest Pizza</p> <p>♥ *Baked Potato Bar</p>	<p><b>26</b></p> <p>♥ *Pasta Bar with Salad &amp; Breadstick</p>	<p><b>27</b></p> <p>☺ Hamburger with Tater Tots</p> <p>☺ ♥ Fish Patty on a Bun</p>

### Menu Symbols

♥ ≤35% calories from fat \* meatless entrée ☺ whole grain 🌱 locally grown

Each day a full food bar with fresh fruits and vegetables, grains, lean proteins and cheese is offered as a full reimbursable meal or supplement to the above menus items. ½ pints of skim, 1% white and chocolate milk are also available daily.

For entrée description, nutritional analysis, food allergen content of foods served, and "Food of the Month" information visit the TCAPS

Foodservice website:

[www.tcaps.net](http://www.tcaps.net)