

# FEB 2012 Elementary Lunch

**Student \$2.60**

Pay online!

<https://www.lunchmoneynow.com/lmnlkt/Main.htm>

Sign up to receive e-mail alerts when your child's account runs low!

+Beef ~Poultry `Pork ^Fish }Vegetarian

*Celebrating Food, Fun, and Healthy Living!  
FREE to ALL!*



**Randy Saucedo Memorial Mile & 5K @ Noon**  
**FitSmart Expo 1-4 pm**  
**Sunday, Feb 26, 2012**  
**Lake Travis High School**



**Visit our portrait gallery at each of our Pyramid Cafés, featuring the images of famous African-Americans in history**

1  
Harvest Whole Grain Pizza  
}Cheese or "Pepperoni"  
}Steaming Baked Potato w/Toppings  
**Main Dish Salads**  
Hot Garlic Bread Sticks  
Hot Spiced Fruit  
Fruit & Salad Station  
Variety of Milk

**FitSmart Expo 2012**  
**Sunday, February 26th**  
**at Lake Travis HS**  
**PARENTS: Save the Date to come play and...**  
**SIGN UP TO VOLUNTEER TODAY**  
go to  
[www.ltidschools.org/fitsmart](http://www.ltidschools.org/fitsmart)

2  
+ Steak Fingers (apple-sauce-infused) & Gravy  
}Vegetarian Bean Chalupa  
**LT Munchable Box**  
Hot Wheat Roll  
Gloria Squash Medley  
Mashed Potatoes  
Fruit & Salad Station  
Variety of Milk

3  
**Breakfast for Lunch!**  
~Turkey Sausage Patty  
}Scrambled Eggs  
*French Toast*  
*Wedge Potatoes*  
*Fresh Orange Slices*  
*Variety of Milk*  
**}Fruit, Yogurt, & Cheese Box**

6  
+Healthy Sloppy Joey on WW Bun  
~ Chicken Nuggets  
}Steaming Baked Potato w/ toppings  
**Main Dish Salads**  
Batter Bread  
Baby Carrots  
Fruit & Salad Station  
Variety of Milk

7  
"Crispy Pork Egg Roll  
~Turkey Club Sub w/H pretzels  
**Main Dish Salads**  
Steamed Brown Rice  
Asian Vegetables  
Fruit & Salad Station  
Variety of Milk




8  
}Sweet Potato Cheesy Nachos or  
+Nachos Supreme  
}Steaming Baked Potato w/ toppings  
**Main Dish Salads**  
Refried Beans  
Fruit & Salad Station  
Variety of Milk



**What's it like to be inside a hamster ball?**  
**Find out at the FitSmart Expo 2012!**  
[www.ltidschools.org/fitsmart](http://www.ltidschools.org/fitsmart)

9  
+Spaghetti & Meat Sauce  
~Popcorn Chicken Salad  
**LT Munchable Box**  
Hot Garlic Bread  
Italian Vegetable Medley  
Fruit & Salad Station  
Variety of Milk

10  
^Catfish Basket  
+ Hamburger Basket  
} Garden Burger Basket  
}Steaming Baked Potato w/ toppings  
*Roasted "Fries"*  
*English Peas and Carrots*  
Fruit & Salad Station  
Variety of Milk

<p>13</p> <p><b>Celebrate Black History Month!</b></p> <p>~Oven Fried Chicken          }Steaming Baked Potato w/ toppings  <b>Main Dish Salads</b>          Hoppin' John (corn bread &amp; black eyed peas)          Popeye Spinach          Banana Pudding          Fruit &amp; Salad Station          Variety of Milk</p>	<p>14</p> <p></p> <p><b>Happy Valentine's Day!</b></p> <p>~Little Smokies w/          }Macaroni &amp; Cheese          ~Baked Crispy Chicken on WW Bun  <b>Main Dish Salads</b>          Hot Yeast Roll          Fresh Broccoli Florets          Fruit &amp; Salad Station          Variety of Milk</p>	<p>15</p> <p>Harvest Whole Grain Pizza          }Cheese or "Pepperoni"          }Steaming Baked Potato w/Toppings  <b>Main Dish Salads</b>          Hot Garlic Bread Sticks          Hot Spiced Fruit          Fruit &amp; Salad Station          Variety of Milk</p>	<p></p> <p><b>Soul Food Festival</b></p> <p><b>We're celebrating culinary traditions in Black history</b></p> <p><b>On Monday, February 13th</b></p>	<p>16</p> <p>~Heart Healthy Chili w/ tortilla scoops          }Baked Mozzarella Sticks w/ Marinara Sauce  <b>LT Munchable Box</b>          Corn Muffins          Green Beans          Fruit &amp; Salad Station          Variety of Milk</p>	<p>17</p> <p>+Beef Sliders Basket          }Garden Burger Basket          }Steaming Baked Potato w/ toppings  <b>Main Dish Salads</b>          Roasted "Fries"          Cauliflower w/ Cheese          Fruit &amp; Salad Station          Variety of Milk</p>
<p>20</p> <p>+Cheese Ravioli w/Meat Sauce          ~Chicken Nuggets          }Steaming Baked Potato w/ toppings  <b>Main Dish Salads</b>          Garlic Bread Sticks          Italian Vegetable Medley          Fruit &amp; Salad Station          Variety of Milk</p>	<p>21</p> <p>+Beef Tacos soft or crispy          ^Breaded Fish WW Sandwich  <b>Main Dish Salads</b>          Mexican Brown Rice          Charro Beans          Fiesta Corn          Fruit &amp; Salad Station          Variety of Milk</p>	<p>22</p> <p>Harvest Whole Grain Pizza          }Cheese or "Pepperoni"          }Steaming Baked Potato w/ toppings  <b>Main Dish Salads</b>          Garlic Bread Sticks          Hot Spiced Fruit          Fruit &amp; Salad Station          Variety of Milk</p>	<p></p> <p><b>How fit are you?</b>  <b>Find out at FitSmart Expo 2012!</b></p>	<p>23</p> <p>~BBQ Chicken          "Ham &amp; Cheese Croissant w/ Heartzel pretzels  <b>LT Munchable Box</b>          Hot Wheat Roll          Spinach Casserole          Mashed Potatoes          Fruit &amp; Salad Station          Variety of Milk</p>	<p>24</p> <p>^Catfish Basket          +Hamburger Basket          }Garden Burger Basket          }Steaming Baked Potato w/ toppings          Hush Puppies          Sweet Potato Fries          Cowboy Beans          Fruit &amp; Salad Station          Variety of Milk</p>
<p>27</p> <p>}Main Dish Pasta &amp; Cheese          ~Corny Dog or Corn Dog Babies          }Steaming Baked Potato w/ toppings  <b>Main Dish Salads</b>          Garlic Bread Sticks          Fresh Broccoli Florets          Fruit &amp; Salad Station          Variety of Milk</p>	<p>28</p> <p><b>Manager's Select Menu</b></p>	<p>29</p> <p>Harvest Whole Grain Pizza          }Cheese or "Pepperoni"          }Steaming Baked Potato w/ toppings  <b>Main Dish Salads</b>          Garlic Bread Sticks          Hot Spiced Fruit          Fruit &amp; Salad Station          Variety of Milk</p>	<p></p> <p><b>Want to learn great sports techniques?</b>  <b>Learn from the varsity athletes at FitSmart Expo 2012!</b></p>		<p>To file a complaint of discrimination, write U. S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.</p>