

February 2012 Lunch Middle School

Student \$2.90

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Lake Travis ISD



+Beef ~Poultry ^Pork ^Fish
}Vegetarian

What's C.A.T.C.H. all about?



1
**Manager's
select menu**



**LOVE your body.
Feed it what it needs!**

2
+Beef Burger Basket
}Garden Burger / ^Fish Basket
}Baked Potato w/ Toppings
Main Dish Salads
Hush Puppies
Baked "Fries"
Popeye's Casserole
Fruit & Salad Station
Variety of Milk

3
+ or }Create a Burrito
}Bean Chalupa
}Baked Potato w/ Toppings
Main Dish Salads
Mexicali Rice
Fiesta Corn
Fruit & Salad Station
Variety of Milk

6
~Chicken Strips Basket
+Sloppy Joe on Wheat Bun
}Baked Potato w/ Toppings
Main Dish Salads
Hot Garlic Bread Sticks
Baked "Fries"
Vegetable du Jour
Fruit & Salad Station
Variety of Milk

7
+ Beef Lasagna
~Corn Dog Babies
}Baked Potato w/ Toppings
Main Dish Salads
Homemade Garlic Bread
Fresh Zucchini
Fruit & Salad Station
Variety of Milk



8
Harvest Whole Grain Pizza Wedge }Cheese or "Pepperoni"
^Pork Egg Roll
Main Dish Salads
Brown Rice w/Peas & Carrots
Asian Veggies
Fruit & Salad Station
Variety of Milk



Exercise with a friend!

9
+ Steak Fingers w/ Gravy
~Chicken Quesadillas
}Baked Potato w/ Toppings
Main Dish Salads
Classic Hot Roll
Whipped Potatoes
Fresh Broccoli Florets
Fruit & Salad Station
Variety of Milk

10
*Turkey Club Kaiser
}Breaded Mozzarella Sticks w/ Marinara
}Baked Potato w/Toppings
Main Dish Salads
Corn-on-the-Cob
Blueberry Muffin
Fruit & Salad Station
Variety of Milk

<p>13</p> <p>Celebrate Black History Month!</p> <p>~Oven Fried Chicken }Steaming Baked Potato w/ toppings Main Dish Salads Hoppin' John (corn bread & black eyed peas) Popeye Spinach Banana Pudding Fruit & Salad Station Variety of Milk</p>	<p>14</p>  <p>Happy Valentine's Day!</p> <p>Soft or Crispy +Beef or }Bean Tacos }Queso & Chips }Baked Potato w/ Toppings Main Dish Salads Mexicali Brown Rice Refried Beans Fresh Squash Medley Fruit & Salad Station Variety of Milk</p>	<p>15</p> <p>French Bread Pizza</p> <p>}Cheese or "Pepperoni ~Turkey Tetrazzini Main Dish Salads Hot Wheat Roll Hot Spiced Fruit Fruit & Salad Station Variety of Milk</p>		<p>16</p> <p>+Beef Slider Basket }Garden Burger Basket ~Chili Dog }Baked Potato w/ Toppings Main Dish Salads Baked "Fries" Steamed Baby Carrots Fruit & Salad Station Variety of Milk</p>	<p>17</p> <p>^Oven "Fried" Catfish with Macaroni & Cheese "Sliced Glazed Ham }Baked Potato w/ Toppings Main Dish Salads Hush Puppies Vegetable du Jour Fruit & Salad Station Variety of Milk</p>
<p>20</p> <p>~Chicken Strips Basket "Pork Egg Roll }Baked Potato w/ Toppings Main Dish Salads Blueberry Muffin Baked "Fries" Asian Vegetables Fruit & Salad Station Variety of Milk</p>	<p>21</p> <p>Spaghetti & + Meat Sauce ~Corn Dog Babies }Baked Potato w/ Toppings Main Dish Salads Hot Garlic Bread Sticks Italian Veggies Fruit & Salad Station Variety of Milk</p>	<p>22</p> <p>Harvest Whole Grain Pizza Wedge }Cheese or "Pepperoni ~Turkey & Gravy Main Dish Salads Classic Hot Roll Whipped Potatoes Peas & Carrots Fruit & Salad Station Variety of Milk</p>	 <p>SUNDAY-2/26 - Noon-4pm <i>Celebrate fun, foods, & healthy living!</i></p>	<p>23</p> <p>Chicken Fajitas +Meat Ball Sub }Baked Potato w/ Toppings Main Dish Salads Mexicali Rice Charro Beans Fresh Broccoli Florets Fruit & Salad Station Variety of Milk</p>	<p>24</p> <p>~Chili & Scoops ~Buffalo Chicken Sandwich }Baked Potato w/ Toppings Main Dish Salads Bavarian Dark Roll Corn-on-the-Cob Fruit & Salad Station Variety of Milk</p>
<p>27</p> <p>~SPICY Chicken Strips Basket }Mozzarella Sticks w/ Marinara }Main Dish Pasta & Cheese Main Dish Salads Hot Garlic Bread Sticks Sweet Potato "Fries" Garden Green Beans Fruit & Salad Station Variety of Milk</p>	<p>28</p> <p>+Beef Enchiladas "Ham & Cheese Croissant }Baked Potato w/ Toppings Main Dish Salads Jalapeno Corn Bread Refried Beans Steamed Baby Carrots Fruit & Salad Station Variety of Milk</p>	<p>29</p> <p>Manager's select menu</p>	<p>ZIS BOOM BAH! Where it's OK to play with your food! http://www.zisboombah.com/</p>  <p>Learn cool things about food while you have a great time playing!!</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>