

# Daidone Dining Services

# February 2012

# Boca Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cycle Three</b> <b>January 30<sup>th</sup></b> <b>February 3<sup>rd</sup></b>	<ul style="list-style-type: none"> <li>▶ Baked Chicken Tenders (HM &amp; BBQ)</li> <li>▶ Steamed Rice</li> <li>▶ Green Beans</li> <li>▶ Cookies</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ BBQ Chicken</li> <li>▶ Steamed Rice</li> <li>▶ Broccoli</li> <li>▶ Corn Bread</li> <li>▶ Cake with Sprinkles</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Cheese Pizza</li> <li>▶ Tossed Salad</li> <li>▶ Ice Cream</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Chopped Chicken Bowl (Yellow rice, black beans, corn, cheese, sour, salsa)</li> <li>▶ Brownies</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Penne with Pink Sauce (Marinara &amp; Alfredo)</li> <li>▶ Green Beans</li> <li>▶ Fresh Roll</li> <li>▶ Pudding</li> <li>▶ Fruit</li> </ul>
<b>Cycle Four</b> <b>February 6<sup>th</sup> – 10<sup>th</sup></b>	<ul style="list-style-type: none"> <li>▶ Chicken Patty on A Bun</li> <li>▶ Oven Roasted Potatoes</li> <li>▶ Carrot Coins</li> <li>▶ Cookies</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Fish Sticks with Tarter Sauce</li> <li>▶ Macaroni and Cheese</li> <li>▶ Broccoli</li> <li>▶ Cake with Sprinkles</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Cheese Pizza</li> <li>▶ Tossed Salad</li> <li>▶ Ice Cream</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Oven Baked Chicken Wings (BBQ or Mild Sauce)</li> <li>▶ Baked French Fries</li> <li>▶ Carrot Coins</li> <li>▶ Brownie</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Meatball Sub</li> <li>▶ Chips</li> <li>▶ Green Beans</li> <li>▶ Pudding</li> <li>▶ Fruit</li> </ul>
<b>Cycle Five</b> <b>February 13<sup>th</sup> – 17<sup>th</sup></b>	<ul style="list-style-type: none"> <li>▶ Hamburger (Or Veggie burger)</li> <li>▶ Baked French Fries</li> <li>▶ Green Beans</li> <li><b>MS &amp; HS Option:</b> Greek Salad with Chicken</li> <li>▶ Cookies</li> </ul>	<ul style="list-style-type: none"> <li>▶ Italian Herb Roasted Chicken</li> <li>▶ Mashed Potatoes &amp; Gravy</li> <li>▶ Green Beans</li> <li>▶ Cake with Sprinkles</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Cheese Pizza</li> <li>▶ Tossed Salad</li> <li>▶ Ice Cream</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Grilled Teriyaki Chicken Sandwich</li> <li>▶ Let &amp; tom on side</li> <li>▶ Pasta Salad</li> <li>▶ Cookies</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Stuffed Shells With Marinara</li> <li>▶ Garlic Bread</li> <li>▶ Broccoli</li> <li><b>Elementary School:</b></li> <li>▶ Pasta with Meatballs</li> <li>▶ Pudding</li> </ul>
<b>Cycle Six</b> <b>February 20<sup>th</sup> – 24<sup>th</sup></b>	<ul style="list-style-type: none"> <li>▶ Fish Filet Sandwich</li> <li>▶ Roasted Potato Wedges</li> <li>▶ Carrot Coins</li> <li>▶ Cookies</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Baked Potato (sour, ched, bac) Or Baked Sweet Potato</li> <li>▶ Chili or Chicken Noodle Soup</li> <li>▶ Cake with Sprinkles</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Cheese Pizza</li> <li>▶ Tossed Salad</li> <li>▶ Ice Cream</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Pulled Pork Sandwich Or BBQ Chicken Breast Sandwich (please specify)</li> <li>▶ Cole Slaw</li> <li>▶ Baked Beans</li> <li>▶ Brownies</li> <li>▶ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>▶ Baked Ziti</li> <li>▶ Broccoli</li> <li>▶ Fresh Roll</li> <li>▶ Pudding</li> <li>▶ Fruit</li> </ul>

**Alternatives to the Hot Entrée:**

**Deli Sandwiches:** Salami, Turkey, Ham, Tuna, Cheese, Grilled Cheese, Peanut Butter & Jelly. Bread Choices: Sub Roll, Wrap, White or Whole Wheat sliced bread.

**The Salad Bar:** A selection of fresh greens, vegetables and dressings.

*Veggie Burgers available daily.*

Fresh Whole Fruit / Beverages include: 2% Milk & 2% Choc Milk, Water and Juices.

**The Key To Good Nutrition:**

▶ Great for your body, Go for it! ▶ Careful, Go easy! ▶ Occasional Choice, Not every day!