

Daidone Dining Services

January 2012

Boca Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle Five January 2nd – 6th	Happy New Year	School Resumes Tomorrow	<ul style="list-style-type: none"> ▶ Cheese Pizza ▶ Tossed Salad ▶ Ice Cream ▶ Fruit 	<ul style="list-style-type: none"> ▶ Grilled Chicken Sandwich with Cheese, Let & tom on side ▶ Oven Baked Sweet Potato Fries ▶ Green Beans ▶ Brownie ▶ Fruit Additional High School Option: Chicken Caesar Wrap 	<ul style="list-style-type: none"> ▶ Stuffed Shells With Marinara ▶ Garlic Bread ▶ Broccoli Elementary School: ▶ Pasta with Meatballs ▶ Pudding
Cycle Six January 9th – 13th	<ul style="list-style-type: none"> ▶ Hamburger (Or Veggie burger) ▶ Baked French Fries ▶ Green Beans MS & HS Option: Greek Salad with Chicken ▶ Cookies 	<ul style="list-style-type: none"> ▶ Baked Potato (sour, ched, bac) Or Baked Sweet Potato ▶ Chili or Chicken Noodle Soup ▶ Cake with Sprinkles ▶ Fruit 	<ul style="list-style-type: none"> ▶ Cheese Pizza ▶ Tossed Salad ▶ Ice Cream ▶ Fruit 	<ul style="list-style-type: none"> ▶ Chopped Chicken Bowl (Yellow rice, black beans, corn, cheese, sour, salsa) ▶ Brownie ▶ Fruit 	<ul style="list-style-type: none"> ▶ Baked Ziti ▶ Broccoli ▶ Garlic Bread ▶ Pudding ▶ Fruit
Cycle One January 16th – 20th	Martin Luther King Day	<ul style="list-style-type: none"> ▶ Baked Chicken Tenders (HM. & BBQ) ▶ Mashed Potatoes & Gravy ▶ Carrot Coins ▶ Cake with Sprinkles ▶ Fruit 	<ul style="list-style-type: none"> ▶ Cheese Pizza ▶ Tossed Salad ▶ Ice Cream ▶ Fruit 	<ul style="list-style-type: none"> ▶ Beef Tacos ▶ Yellow Rice ▶ Black Beans ▶ Corn Middle & HS Beef Burrito With rice, lettuce, beans & cheese Chips & salsa ▶ Brownie 	<ul style="list-style-type: none"> ▶ Penne Pasta with Meatballs ▶ Green Beans ▶ Garlic Bread ▶ Pudding ▶ Fruit
Cycle Two January 23rd – 27th	<ul style="list-style-type: none"> ▶ Fish Filet Sandwich ▶ Roasted Potato Wedges ▶ Broccoli MS & HS Option: Chicken Caesar Salad ▶ Cookies ▶ Fruit 	<ul style="list-style-type: none"> ▶ Oven Baked Chicken Wings (BBQ or Mild Sauce) ▶ Baked French Fries ▶ Carrot Sticks With Ranch ▶ Cake with Sprinkles ▶ Fruit 	<ul style="list-style-type: none"> ▶ Cheese Pizza ▶ Tossed Salad ▶ Ice Cream ▶ Fruit 	<ul style="list-style-type: none"> ▶ Oriental Sesame Glazed Chicken ▶ Steamed Rice ▶ Carrot Coins ▶ Brownie ▶ Fruit 	<ul style="list-style-type: none"> ▶ Baked Ziti ▶ Green Beans ▶ Fresh Roll ▶ Pudding ▶ Fruit

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!