



2012 February

Everett, Sheridan, Cherokee Schools

LUNCH PRICES:
 With Regular Milk \$3.50
 With Organic Milk \$4.65



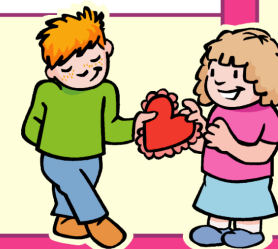
News
FROZEN TREAT
FRIDAY IS
FEBRUARY 3rd

Your choice of
Vanilla Fat Free
Frozen Yogurt or a
Frozen Fruit Icee
\$1.00 each
Cash or with money
on your account.

Check your child's
lunch account at
www.mynutrikids.com

Questions / Comments ?
Please call
847.604.7476 or email
asimons@lfschools.net

Anne Simons
Food Service Director
L.F. District 67



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Please review your student's lunch account at
www.mynutrikids.com
 Students must have a positive balance to
 purchase the Friday Frozen Treat.

1 Chicken Tenders
 Or
 *Caesar Salad
 Wrap
 Seasoned Rice

2 Chicken & Gravy
 Served Over Mashed
 Potatoes Or
 *Crispy Salad &
 Cheese Wrap
 Mashed Potatoes

3 *Double Stuffed
 Cheese Pizza Or
 Hot Dog
 Confetti Fries
 Frozen Treat Day!

6 5 Mini Tacos Or
 5 Mini Corn Dogs
 Or
 *Veggie Cheese Toast
 Spanish Rice

7 *French Toast Sticks
 Or
 *Yogurt Cup with Bagel And
 Cream Cheese
 Warm Cinnamon
 Applesauce

8 Two Chicken Sliders
 On Mini Buns
 Or
 *Crispy Veggie Salad
 Steamed Veggies

9 *Penne Pasta
 with
 Marinara Sauce
 And
 Meatballs
 Served With Garlic Toast

10 *Cheese or Pepperoni
 Pizza Triangles
 Or
 *Crispy Asian Salad
 With Oranges and
 Crispy Noodles

13 100% Pure Beef
 Hamburger Or
 Cheeseburger
 Or
 *Caesar Salad
 Tater Tots

14 Heart Shaped
 Chicken Nuggets
 Or
 *Jumbo Cheese Roll Up
 With a Special Snack and
 A Prize For All!

15 *Home Made
 Macaroni & Cheese
 Or
 Chicken Patty Sandwich
 Steamed Veggies

16 Foot Long Hot Dog
 On a Foot Long Bun
 Or
 *Garden Salad with
 Hard Boiled Egg
 Confetti Fries

17
No School

20
No School

21 Bbq Rib Sandwich
 Or
 *Garden Salad
 Oven Baked
 Sweet Potato Nuggets

22 Chicken Tenders
 Or
 *Veggie Wrap With
 Ranch Dressing
 Breadstick For All!

23 Jumbo
 Chicken Drumstick!
 Or *Asian Salad with
 Oranges & Crispy Noodles
 Sweet Potato Tots
 And Dinner Roll

24 *Cheese Or Sausage
 Pizza Squares
 Or
 Corn Dog

27 *Waffles
 With Sausage
 Or
 *Yogurt Cup with
 Bagel
 And Cream Cheese

28 Home Made Sloppy Joe
 On A Bun
 Or
 *Crispy Veggie Wrap
 Served with a Bag of Crispy
 Pretzels

29 Chicken Nuggets
 Or
 *Veggie Cheese Toast
 Potato Nuggets

FRUIT & VEGGIE
BAR ONLY
\$1.75
Water Bottle ONLY
\$.75