



# January 2012



## Deer Path Middle School



### News

Please go to [www.mynutrikids.com](http://www.mynutrikids.com) to review your student's lunch account. Many students are carrying negative/past due balances and we'd like to get those cleared up. Did you know that your student has a lunch account even if you've never signed up at [www.mynutrikids.com](http://www.mynutrikids.com)

Questions, Comments  
Please Call Our Food Service Office  
847.604.7476  
[asimons@lfschools.net](mailto:asimons@lfschools.net)  
Anne Simons  
Food Service Director

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>No School</p>	<p>3</p> <p>Baked All White Meat Chicken Patty Sandwich Or *Fish Filet Sandwich With Cheese</p> <p>Confetti Fries</p>	<p>4</p> <p>Chicken Nuggets Or *Crispy Fresh Veggie Wrap with Cheese</p> <p>Mashed Potatoes Gravy and Corn</p>	<p>5</p> <p><u>Pasta Bar</u> Choose From Penne Pasta or Spaghetti, Perfectly Seasoned Marinara Or Alfredo Sauce Along with Meatballs</p> <p>Served With Garlic Toast</p>	<p>6</p> <p><u>Home Made Enchiladas</u> Made with Ultra Grain Tortillas And Topped with Home Made Enchilada Sauce</p> <p>Choose Chicken &amp; Cheese Or *Cheese Only</p> <p>Served With Black Beans And Spanish Rice</p>
<p>9</p> <p>*Grilled Cheese Sandwich Or Grilled Turkey and Cheese Sandwich</p> <p>Creamy Tomato Soup And Crackers!</p>	<p>10</p> <p>Home Made French Bread Pizza Available in *Cheese Or Pepperoni</p> <p>With A Garden Fresh Side Salad</p>	<p>11</p> <p>All White Meat Chicken Tenders Or *Vegetable Cheese Toast</p> <p>Baked Sweet Potato Nuggets</p>	<p>1 <b>NEW!</b></p> <p>Home Made Fiesta Taco Casserole Or *Black Bean Burger</p> <p>Served on a Whole Grain Roll</p> <p>Served With A Cinnamon Sweet Churro!</p>	<p>13</p> <p>Slow Roasted Inside Round Italian Beef Sandwich On A French Roll Available With Mozzarella Cheese Or *Crispy Veggie Salad</p> <p>Oven Baked Fries</p>
<p>16</p> <p>No School</p>	<p>17</p> <p><u>Breakfast Bar</u> Choose From All of your Breakfast Favorites Served With Sausage, Bacon and Hash Browns</p>	<p>18</p> <p>Two Chicken Sliders On Mini Buns Or *Crispy Veggie Wrap With Ranch Dressing</p> <p>Mashed Potato Nuggets</p>	<p>19</p> <p>Slow Roasted Pork Loin Mashed Potatoes and Gravy Or *Caesar Salad</p> <p>Fresh Steamed Veggie</p>	<p>20</p> <p>Corn Dog Or *Roasted Fresh Seasonal Veggies and Cheese Quesadilla</p> <p>Confetti Rice</p>
<p>23</p> <p><u>Home Made</u> Cheesy Macaroni and Cheese Or *Crispy Veggie Wrap</p> <p>Steamed Fresh Broccoli &amp; Carrots</p>	<p>24</p> <p>Chicken Nuggets Or *Caesar Salad with Home Made Croutons</p> <p>Seasoned Rice</p>	<p>25</p> <p>Foot Long Hot Dog On a Foot Long Bun Or *Freshly Prepared Egg Salad Wrap</p> <p>Sweet Potato Fries</p>	<p>26</p> <p>Chicken &amp; Noodle Casserole Or *Asian Salad with Crispy Noodles and Oranges</p> <p>Served With a Warm Biscuit</p>	<p>27</p> <p><u>Pizza Party</u> Choose from An Assortment of Pizza Slices Including A Variety of *Cheese, Pepperoni and Sausage Along with Steamed Fresh Veggies</p>
<p>30</p> <p><u>Pick Two</u> Sweet &amp; Sour Chicken *Egg Roll * Home Made Fried Rice *Steamed Brown Rice</p> <p>Served with A Fortune Cookie!</p>	<p>31</p> <p>100% Pure Beef Hamburger Or Cheeseburger Or *Roasted Fresh Veggie Wrap</p> <p>Served With Home Made Pasta &amp; Vegetable Salad</p>	<p><b>Did You Know... Our breads and pastas are whole grain and whole wheat, we offer only brown rice and we have a Fresh Fruit and Vegetable Bar available each day. We do not sell any soda; our beverages consist of Water, Juice and Milk. What's a Switch or Izze? 100% Fruit Juice with Sparkling Water Added!</b></p>		

\* Denote Vegetarian Entrée

Menu Subject to Change

Notice Given When Possible