

# LUNCH FEBRUARY 2012

# CHESTER/ANDOVER ELEM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> <b>YOGURT/BAGEL/CREAM CHEESE OPTION</b>   <b>DELI SANWICHES OFFERED DAILY.</b> </div>		GARLIC BREAD SPAGHETTI AND MEAT SAUCE <span style="float: right;">1</span>	SHEPHERD'S PIE FRUIT OF THE DAY ROLLS AND BUTTER <span style="float: right;">2</span>	<b>PIZZA FRIDAY</b> <span style="float: right;">3</span>
CHICKEN PATTY ON BUN <span style="float: right;">6</span> OVEN FRIES HOT VEGETABLE	TACO TUESDAY <span style="float: right;">7</span> CHEESE, LETTUCE, SALSA, SOUR CREAM	BAKED CHICKEN <span style="float: right;">8</span> TENDERS FRIED BROWN RICE HOT VEGETABLE ROLLS AND BUTTER	BAKED HAM <span style="float: right;">9</span> RAISIN SAUCE MASHED POTATO GRAVY, HOT VEGETABLE	<b>PIZZA FRIDAY</b> <span style="float: right;">10</span>
SOUP OF THE DAY <span style="float: right;">13</span> TURKEY OR HAM SANDWICH COLE SLAW FRESH FRUIT	CHEESEBURGER <span style="float: right;">14</span> OR HAMBURGER, OVEN FRIES, HOT VEGETABLE	GARLIC BREAD <span style="float: right;">15</span> BAKED GOULASH FRUIT OF THE DAY	GRAFTON <span style="float: right;">16</span> MACARONI AND CHEESE STEAMED CARROTS ROLLS AND BUTTER	<b>PIZZA FRIDAY</b> <span style="float: right;">17</span>
WINTER RECESS <span style="float: right;">20</span>	WINTER RECESS <span style="float: right;">21</span>	WINTER RECESS <span style="float: right;">22</span>	WINTER RECESS <span style="float: right;">23</span>	WINTER RECESS <span style="float: right;">24</span>
CHICKEN PATTY <span style="float: right;">27</span> ON A BUN, MASHED POTATO HOT VEGETABLE FRUIT	NACHOS WITH <span style="float: right;">28</span> CHILI, STEAMED VEGETABLE FRESH FRUIT	GARLIC BREAD <span style="float: right;">29</span> OUR OWN LASAGNA VEGETABLE LASAGNA FRUIT		

### NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.<sup>1</sup>
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.<sup>2</sup>
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

SALAD BAR OFFERED DAILY  
 DELI SANDWICHES DAILY