

LUNCH STM FEBRUARY 2012

Register and place order at www.orderlunches.com

STM password: stripes24

Deadline for Feb. and March orders is January 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For questions concerning your order please email backtothegarden@stmga.org		1 Spaghetti w/ Meatballs, Tossed Salad, Garlic Bread & Fruit	2 White Meat Chicken Nuggets, Oven Baked Idaho or Sweet Potato Fries, Corn, Fruit	3 Subway Day Turkey, Ham, Salami, Bologna, Tuna with Fixins, Chips, Fruit
6 Sloppy Joes, Chips, Veggies & Fruit	7 Pancakes on a Stick (2), Hash Browns & Fruit Salad	8 Cheese or Beef Ravioli, Garlic Bread, Green Beans & Fruit	9 Big Beef or Chicken Hot Dog with Fixins, Chips, Mixed Veggies, Fruit	10 Cheese, or Pepperoni Pizza, Salad & Fruit
13 BBQ Chicken, Baked Beans, Coleslaw & Fruit	14 STM Homestyle French Toast with topping, Turkey Bacon, Sausage & Fresh Fruit	15 Spaghetti w/ Meat Sauce, Tossed Salad, Garlic Bread & Fruit	16 White Meat Chicken Nuggets w/ Honey Mustard Sauce, Mac & Cheese, Green Beans & Fruit	17 No School Teacher Workday
20 No School President's Day	21 Turkey Bacon, Scrambled Egg & Cheese Fresh Baked Biscuit, Hash brown Potatoes & Fruit	22 Ash Wednesday Spaghetti w/Marinara Sauce, Tossed Salad, Garlic Bread & Fruit	23 Pig n Blankets, Tater Tots, Steamed Broccoli, Cauliflower & Fruit	24 Baked Potato Bar, Steamed Broccoli & Fruit
27 Turkey Bacon, Lettuce and Tomato Sandwich, Oven Baked Idaho or Sweet Potato Fries, Corn Salad, Fruit	28 White Meat Chicken Biscuit, Tater Tots & Fruit Salad	29 Meatball Sub, Chips, Mixed Veggies & Fruit	Daily Entrée Choices Available for \$.75 each- Salad Bar, Cheese Pizza, Veggie Pizza, Soup of the Day: \$.75 Mon.-Chicken Noodle, Tues.- Vegetable Wed.-Broccoli Cheese Thurs.-Tomato, Fri.-No Soup Daily Deli Combos Available for \$3.80 each-Cheese Sub, Ham Sub, Turkey Sub , w/Chips, Veggies, Fruit Dailv Hot Combos for \$3.80 are listed on each calendar dav.	



To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to substitute the whole-grain product for the refined one, rather than adding the whole-grain product.



Stripe's Daily Healthy Choices available for \$.75:

Baked Chips, Fresh Fruit, Veggie Sticks and Low Fat Dip, Yogurt Parfait.

LUNCH

STM MARCH 2012

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Daily Entrée Choices Available for \$.75 each- Salad Bar, Cheese Pizza, Veggie Pizza, Soup of the Day: \$.75 Mon.-Chicken Noodle, Tues.- Vegetable Wed.-Broccoli Cheese Thurs.-Tomato, Fri.-No Soup</p> <p>Daily Deli Combos Available for \$3.80 each-Cheese Sub, Ham Sub, Turkey Sub , w/Chips, Veggies, Fruit</p> <p>Additional Daily Hot Combos for \$3.80 are listed on each calendar day.</p>			1 Chicken Pot Pie, Mixed Vegetable & Fruit	2 Cheese, Pizza, Tossed Salad & Fruit
5 Beef or Turkey Burger, Lettuce & Tomato, Fixins, Baked Idaho or Sweet Potato Fries & Fresh Fruit	6 Waffles, Sausage, Home Fries & Fruit	7 Spaghetti w/ Meatballs, Green Beans, Garlic Bread, Fruit	8 Beef or Cheese Nachos with Fixins, Black Bean Corn Salad, Fruit	9 Teacher Workday No School
12 Fried Chicken, Mashed Potatoes w/ Gravy, Steamed Veggies & Fruit	13 Buttermilk Pancakes, Turkey Bacon, Eggs & Fruit Salad	14 Lasagna, Garlic Bread, Tossed Salad, Fruit	15 Cheese, Pepperoni or Veggie Pizza, Tossed Salad & Fruit	16 Cheese Quesadilla, Tortilla Chips, Salsa, Lettuce, Tomatoes & Fruit
19 White Meat Chicken Nuggets w/ Honey Mustard Sauce, Mac & Cheese, Green Beans & Fruit	20 STM Homestyle French Toast with topping, Turkey Bacon, Sausage & Fresh Fruit	21 Spaghetti w/ Meat Sauce, Tossed Salad, Garlic Bread & Fruit	22 Sloppy Joes, Chips, Veggies & Fruit	23 Grilled Cheese Sandwich, Fries, Mixed Veggies & Fruit
26 State Fair Style Corn Dogs, Oven Baked Idaho or Sweet Potato Fries, Mixed Veggies, Fruit	27 Sausage Biscuit, Eggs, Hash Browns & Fruit	28 Spaghetti w/Marinara Sauce, Tossed Salad, Garlic Bread & Fruit	28 Soft Tacos, Yellow Rice, Corn Salad & Fruit	30 Cheese, Pizza, Tossed Salad & Fruit



Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.
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