



**Hillsborough Achievement & Resource Centers
Meal Program
Menu for February 2012**

A.M.BREAKFAST

FEBRUARY 2012							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 BISCUIT 2 OZ. HAM 1OZ 100% FRUIT JUICE4OZ 1% MILK 8 OZ	2 OATMEAL ½ C. 1 SLICE TOAST 0.9oz SLICED APPLES 1/2C 1% MILK 8 OZ.	3 CORN FLAKES 1OZ. 1%MILK 8 OZ FRUIT ½ C. 1 SLICE WHEAT TOAST 0.9 oz.	4	
5	6 BRAN CEREAL 1 OZ. 1%MILK 8 OZ. 1 SLICE WHEAT TOAST 0.9 oz 100% FRUIT JUICE 4 OZ.	7 ENGLISH MUFFIN 2OZ. EGGBEATER 1 OZ CUT FRUIT ½ C. 1% MILK 8 OZ	8 BISCUIT 2OZ. SLICED HAM 1OZ 100% FRUIT JUICE 4OZ. 1% MILK 8 OZ.	9 SRAMBLED EGGS 1OZ GRITS 1 C. TURKEY SAUSAGE 1 OZ. FRUIT ½ C 1%MILK 8 OZ.	10 RICE KRISPIES CEREAL 1 OZ. 1%MILK 8 OZ 1 SLICE TOAST 0.9 oz 100 % FRUIT JUICE 4 OZ.	11	
12	13 CORN FLAKES 1OZ. 1% MILK 8OZ. 100% FRUIT JUICE 4OZ. 1 SLICE TOAST 0.9 oz	14 CROISSANT 2 OZ SCAMBLED EGG 1 OZ FRUIT ½ C 1% MILK 8 OZ	15 BISCUIT 2 OZ. TURKEY SAUSAGE 1 OZ. 100% FRUIT JUICE 4 OZ. 1% MILK 8 OZ	16 EGG OMELETTE2.20 OZ 1 SLICE TOAST 0.9 OZ. FRUIT ½ C 1% MILK 8 OZ.	17 TOASTED OATS 1 OZ. 1 %MILK 8 OZ. 100% FRUIT JUICE 4OZ. 1 SLICE WHEAT TOAST 0.9 OZ.	18	
19	20 RAISIN BRAN 1 OZ. 1%MILK 8 OZ. 100% FRUIT JUICE 4OZ 1 SLICE WHEAT TOAST 0.9 OZ.	21 BAGEL 2 OZ. CREAM CHEESE 1 OZ. FRUIT ½ C 1% MILK 8 OZ.	22 2 PANCKES 2.66 OZ. 1 HAM SLICE 1 OZ 100% FRUIT JUICE 4 OZ. 1% MILK 8 OZ.	23 BISCUIT 2 OZ. AMERICAN CHEESE 1 OZ. 1% MILK 8 OZ, FRUIT 1/2C.	24 FRUIT WHIRLS 1 OZ. 1% MILK 8 OZ TOAST 0.9 OZ. 100% FRUIT JUICE 4 OZ.	25	
26	27 TOASTED OATS 1 OZ. 1 SLICE TOAST 100% FRUIT JUICE 4 OZ. 1%MILK 8 OZ.	28 MUFFIN 4 OZ ½ ORANGE 1%MILK 8 OZ. 100% FRUIT JUICE 4 OZ.	29 SCAMBLED EGGS 1 OZ. BISCUIT 1 OZ. SAUSAGE 1 OZ. 1% MILK 8 OZ.				



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A.M.SNACK

February 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 100% FRUIT JUICE 6.75 OZ. NUTRIGRAIN BAR 1.10 OZ.	2 POP TART 1.83 OZ. 100% FRUIT JUICE 6.75 OZ	3 FRUIT WHIRL CEREAL 1OZ. 1% MILK 8 OZ	4
5	6 BRAN CEREAL 1 OZ. 1% MILK 8 OZ.	7 NUTRIGRAIN BAR 1.10 OZ 100 FRUIT JUICE 6.75 OZ	8 ANIMAL CRACKERS 1.5OZ. 100% FRUIT JUICE 6.75	9 POP TART 1.83 OZ 100% FRUIT JUICE 6.75 OZ	10 RICE KRISPIES CEREAL 1 OZ. 1 %MILK 8 OZ	11
12	13 CORN FLAKES 1OZ. 1% MILK 8OZ.	14 POP TART 1.83 OZ 100% FRUIT JUICE 6.75 OZ.	15 TEDDY GRAM CRACKERS 1 OZ 100% FRUIT JUICE 6.75 OZ	16 NUTRIGRAIN BAR 1.10 OZ 100% FRUIT JUICE 6.75 OZ	17 TOASTED OATS 1 OZ. 1% MILK 8 OZ.	18
19	20 RAISIN BRAN 1 OZ. 1% MILK 8 OZ.	21 ANIMAL CRACKERS 1.50 OZ 100 % FRUIT JUICE 6.75 OZ	22 POP TART 1.83 OZ 100% FRUIT JUICE 6.75 OZ	23 FIBER ONE BAR 1.33 OZ 100% FRUIT JUICE 6.75 OZ.	24 FRUIT WHIRL 1 OZ. MILK 8 OZ,	25
26	27 TOASTED OATS 1 OZ. 1%MILK 8 OZ	28 POPTART 1.83 OZ. 100% FRUIT JUICE 6.75 OZ.	29 ANIMAL CRACKERS 1.50 100% FRUIT JUICE 6.75 OZ			



**Hillsborough Achievement & Resource Centers
Meal Program
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HOT LUNCH

FEBRUARY 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CHICKEN 3 OZ. YELLOW RICE ½ C. GREEN PEAS ½ C. SALAD ½ C, GARLIC BREAD 0.09 OZ MILK 8 OZ.	2 TURKEY BRUGER 4OZ. KAISER ROLLS 2 OZ. PASTA SALAD ½ C LET/TOM ½ C. FRENCH FRIES1/2C. BAKED BEAN ½ C. MILK 8 OZ.	3 BEEF TACO 4 OZ. SOFT TACO 2 OZ. LET/TOM ½ C MEXICAN RICE ½ C REFIRED BEAN 1/2C FRUIT SALAD ½ C MILK 8 OZ.	4
5	6 SAILBURYSTEAK 3OZ POTATO W/ GRAVY1/2 C GREENS ½ C. SALAD ½ C. ROLL 2 OZ. MILK 8 OZ	7 BAKED CHICKEN 4OZ RICE PILAF ½ C. PEAS½C. SALAD ½ C ROLL 2 OZ. MILK 8OZ.	8 SPAGHETTI 1/2C MEATSAUCE 3 OZ. GREENBEANS 1/2C GARDENSALAD1/2C GARLIC BREAD 2OZ MILK 8 OZ.	9 CHICKEN TENDER 3OZ. MASHED POTATO ½ C. CORN ½ C FRUIT SALAD ½ C. BREAD STICKS 2OZ. MILK 8 OZ.	10 BEEF HOTDOG 3OZ HOTDOG BUN 2 OZ. FRENCH FRIES ½ PASTA SALAD ½ C CARROT STICK ½ MILK 8 OZ.	11
12	13 CHICKEN PARM 4OZ. HOT PASTA ½ GREEN BEAN ½ C CHEF SALAD ½ C. GARLIC BREAD 2 OZ. MILK 8 OZ.	14 BEEF PICADILLO 3 OZ YELLOW RICE ½ C BLACK BEANS ½ C GARDEN SALAD1/2 CUBAN BREAD 2 OZ. MILK 8 OZ.	15 COUNTRY STEAK 4 OZ MASHED POTATO ½ C HONEY CARROTS ½ C TOSSED SAL. ½ C ROLL 2 OZ. MILK 8OZ.	16 BBQ PULLED PORK 4OZ KAISER ROLL 2 OZ FRENCH FRIES PASTA SALAD FRESH FRUIT ½ C MILK 8 OZ	17 CHICKEN 4 OZ RICE ½ C GREENS ½ C TOSSED SALAD ½ CORN BREAD 2 OZ. MILK 8 OZ.	18
19	20 CORN DOG 4OZ FRENCH FRIES ½ C BAKED BEANS1/2C. COLE SLAW ½ C. MILK 8 OZ.	21 CHICKEN 4 OZ YELL. RICE 1/2C. FRENCH FRIES ½ GREEN BEANS ½ C TOSSED SAL ½ ROLL 0.9 MILK 8OZ.	22 SPAGHETTI ½ C. MEATSAUCE 3 OZ. TOSSED SALAD1/2C GREENS ½ C GARLIC BREAD 2OZ. MILK 8 OZ	23 TURKEY 3 OZ. MASHED POTATO 1/2C. W/GRAVY 1/2C. CORN ½ C SALAD ½ C ROLL 2 OZ. MILK 8 OZ	24 CHICKEN TACO 3OZ. SOFT TACO 2OZ REFIRED BEAN ½ C RICE 1/2C FRUIT SALAD 1/2C LET/TOM ½ C MILK 8 OZ.	25
26	27 CHICKEN PATTIE 3 OZ. MASHED POTATO ½ C CORN ½ C. SALAD ½ C ROLL 2 OZ. MILK 8 OZ	28 TURKEY DOG4OZ FRENCH FRIES1/2C COLE SLAW ½ C. FRUIT ½ C MILK 8 OZ.	29 VEAL PARM 4OZ HOT PASTA ½ C. SQUASH ½ C. SALAD ½ C. ROLL 0.9 OZ. MILK 8 OZ.			



**Hillsborough Achievement & Resource Centers
Meal Program
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**HOT LUNCH
NO RED DYE**

FEBRUARY 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CHICKEN 4 OZ. RICE 1/2C. GREEN BEANS 1/2C SALAD 1/2C RICE CAKE 0.09 OZ. SKIM MILK 8 OZ.	2 TURKEY BRUG4OZ SALAD1/2C MIXED VEGGIE ½ FRUIT CUP½ C. RICE CAKE 0.09 SKIM MILK 8 OZ.	3 GRILLED CHIC.3OZ GREENS ½ C. 1/2 C TOSSED SALAD ½ FRUIT SALAD ½ C RICE CAKE 0.09 SKIM MILK 8 OZ.	4
5	6 FISH 3 OZ. FRUIT 1/2 C GREEN BEANS ½ SALAD 1 C. RICE CAKE 0.09 SKIM MILK 8 OZ	7 CHICKEN 4OZ SALAD ½ C. MIXED VEGGIE1/2C FRUIT SALAD ½ C RICE CRACKER 0.09 OZ. SKIM MILK 8OZ	8 TURKEY 3 OZ FRUIT ½ C. GREENBEANS 1/2C GARDENSALAD1/2C RICE CRAKERS0.09 SKIM MILK 8 OZ.	9 CHICKEN 3OZ. SALAD ½ C MIXED VEGGIE ½ FRUIT CUP½ C. RICE CAKE 0.09 SKIM MILK 8 OZ.	10 FISH 3OZ GREEN BEANS1/2C. SALAD ½ LOW CAL DRESSING FRUIT SALAD1/2 C RICECRACKERS 09 SKIM MILK 8 OZ.	11
12	13 CHICKEN 4OZ. FRUIT ½ C. GREEN BEAN ½ C CHEF SALAD 1 C. RICE CAKE 0.09 SKIM MILK 8 OZ	14 FISH 3 OZ FRUIT ½ C MIXED VEGGIE ½ GARDENSALAD1 C RICE CRACKERS09 SKIM MILK 8 OZ.	15 CHICKEN 3 OZ. FRUIT ½ C TOSSED SALAD 1 C PEAS ½ C RICE CAKES 0.09 SKIM MILK 8OZ	16 TURKEY 4OZ TOSSED SALAD ½ C. GREEN BEAN ½ FRESH FRUIT ½ C RICE CRACKERS09 SKIM MILK 8 OZ	17 FISH 3OZ COLLARD GREENS½ C SALAD ½ C FRUIT SALAD ½ C RICE CAKES 0.09 SKIM MILK 8 OZ.	18
19	20 CHICKEN 4 OZ. FRUIT ½ C MIXED VEG ½ GARDEN SALAD ½ RICE CAKES 0.09 SKIM MILK 8 OZ.	21 TURKEY 4 OZ FRUIT ½ C SALAD ½ GREEN BEANS ½ C RICE CRACKERS09 SKIM MILK 8OZ.	22 FISH 3 OZ. PEAS ½ C . TOSSED SALAD1/2 FRUIT SALAD ½ C RICE CAKES .09 SKIM MILK 8 OZ	23 CHICKEN 4 OZ. GREENS ½ C TOSSED SALAD ½ FRESH FRUIT 1/2C RICE CAKES .09 SKIM MILK 8 OZ.	24 TURKEY 4 OZ GREEN BEANS ½ C TOSSED SALAD ½ C FRUIT ½ C RICE CAKES .09 SKIM MILK 8 OZ	25
26	27 FISH 3 OZ. RICE ½ C. GR. BEAN1/2C SALAD ½ C RICE CAKE.09 SKIM MILK8OZ	28 CHICKEN 4 OZ. MIX.VEGGIE 1/2C. SALAD ½ C FRUIT ½ C. RICE CAKES .09 SKIM MILK 8 OZ.	29 TURKEY 4 OZ. GREENS 1/2C FRUIT SALAD ½ C. TOSSED SALAD ½ C RICE CAKES .09 SKIM MILK 8 OZ.			



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P.M.SNACK

FEBRUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 TOASTED OATS 1 OZ. 100 FRUIT JUICE 4 OZ.	2 TEDDY GRAMS 1 OZ. 100% FRUIT JUICE 4 OZ.	3 CHEESE IT CRACKERS 1.50 OZ. 100% FRUIT JUICE 4 OZ.	4
5	6 FRUIT WHRIL 1OZ. 100% FRUIT JUICE 4 OZ.	7 ANIMAL CRACKERS 2.12 100% FRUIT JUICE 4OZ	8 GOLDFISH CRACKERS 1.50 OZ. 100 % FRUIT JUICE 4 OZ.	9 SUN CHIPS 1.50 OZ 100% FRUIT JUICE 4 OZ.	10 CORN FRITOS CHIPS 1OZ. 100% FRUIT JUICE 4OZ.	11
12	13 CHEX MIX 1.50 OZ 100% APPLE JUICE 4 OZ.	14 OATMEAL RAISIN COOOKIES 1 OZ. 100% FRUIT JUICE 4 OZ.	15 SUN CHIPS 1.50 OZ 100% FRUIT JUICE 4 OZ.	16 TEDDY GRAMS 1 OZ. 100% FRUIT JUICE 4 OZ.	17 CHEESE IT CRACKERS 1.50 OZ 100% FRUIT JUICE 4 OZ.	18
19	20 FRUIT WHRIL 1 OZ. 100 % FRUIT JUICE 4 OZ.	21 OATMEAL RAISN COOKIES 1 OZ 100% FRUIT JUICE 4 OZ.	22 GOLDFISH CRACKERS 1.50 OZ. 100 % FRUIT JUICE 4 OZ.	23 ANIMAL CRACKER 2.12 OZ. 100% FRUIT JUICE 4 OZ.	24 TEDDY GRAMS 1 OZ. 100% FRUIT JUICE 4 OZ.	25
26	27 CORN FRITO CHIPS 1 OZ. 100 % FRUIT JUICE 4 OZ.	28 ANIMAL CRACKERS2.12 100 FRUIT JUICE 4 OZ.	29 OATMEAL RAISIN COOKIES 2.2OZ. 100% FRUIT JUICE 4 OZ.			