



February 2011

Dollar Bay/Tamarack City Area Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Asian Tangerine Chicken or Turkey & Cheese Sandwich on Whole Wheat Bread Oriental Vegetables Steamed Brown Rice Mandarin Oranges Choice of 8 oz Milk	2 Manwich Sloppy Joe on Whole Grain Bun or Assorted Pizza* Tossed Salad Diced Pears Choice of 8 oz Milk	3 Diced Turkey and Chicken in Gravy over Biscuit or Baked Chicken Tenders w/ Goldfish Crackers Mashed Potatoes & Gravy Diced Peaches Choice of 8 oz Milk	4 <u>Breakfast for Lunch</u> French Toast Sticks w/ a Go Gurt Tube and a Hard Boiled Egg or Turkey Sausage, Egg and Cheese on an English Muffin Cantaloupe Slices Diced Pears and Milk
7 Homemade Chili Macaroni w/ Oyster Crackers or Assorted Pizza* Steamed Vegetables Peach Slices Choice of 8 oz Milk	8 Fajita Chicken on a Soft Whole Wheat Shell or State Fair Corn Dog Lettuce and Tomato Orange Smiles Choice of 8 oz Milk	9 Baked BBQ Chicken w/ WW Dinner Roll or Assorted Pizza* Spinach Tossed Salad Fruit Cocktail Choice of 8 oz Milk	10 Baked (Turkey) Ham or Popcorn Chicken Mashed Potatoes & Gravy Steamed Green Beans WW Dinner Roll Choice of 8 oz Milk	11 Cheese Burger on Whole Grain Bun or Chicken Nuggets w/ Animal Cracker Sweet Potato Fries Diced Pears Choice of 8 oz Milk
14 Chicken & Cheese Quesadilla or Assorted Pizza* Tossed Salad Chilled Applesauce Choice of 8 oz Milk	15 Salisbury steak or Cheese Italian Ravioli Garlic Toast Steamed Vegetables Mandarin Oranges Choice of 8 oz Milk	16 ½ Day of School Teacher Conferences	17 Grilled Cheese on Whole Wheat Bread or Breaded Chicken Patty on Whole Grain Bun Homemade Chicken Noodle Soup Fruit Cocktail Dried Trail Mix	18 Garfield Assorted Pizza* in a Box or Reduced Fat High Fiber Cheese Bread Sticks with Marinara Dipping Sauce Sliced Peaches Fresh Vegetable Bites Choice of 8 oz Milk
21 Roasted Sliced Turkey & Cheese on Whole Grain Bun or Assorted Pizza* State Animal Crackers Sliced Pears Carrot Sticks with Dip Choice of 8 oz Milk	22 Beef Nachos w/Tortilla Pieces and Hot nacho Cheese Sauce or Tony's Pepperoni Pizza Bagel Lettuce and Tomato Petite Banana Choice of 8 oz Milk	23 BBQ Rib Patty* On Whole Grain Bun Or Assorted Pizza* Bowtie Vegetable Italian Salad Crispy Red Apple Choice of 8 oz Milk	24 Hot Turkey Sandwich on Whole Wheat Bread or Baked Chicken Tenders w/ Whole Wheat Roll Mashed Potatoes & Gravy Pineapple Tidbits Choice of 8 oz Milk	25 Creamy Low fat Macaroni & Cheese or Vollwerth's Hotdog on Whole Grain Bun Fruit Cocktail Oven Baked French Fries Choice of 8 oz Milk
28 Turkey Carnitas (seasoned Turkey on Whole Wheat Shell) or Assorted Pizza* Steamed Mixed Vegetables Chilled Applesauce Choice of 8 oz Milk	<div data-bbox="441 1372 1617 1518" data-label="Text"> <p>It is the policy of the Dollar Bay/Tamarack City Area School District that no person, on the basis of race, sex, color, religion, national origin or ancestry, age, marital status, disability, weight, or height, shall be discriminated against in employment, educational programs or admissions. Questions or concerns regarding the non-discrimination policies should be directed to Mr. Dr. Jan Quarless, Superintendent, Dollar Bay/Tamarack City Area Schoolst, 48475 Maple Dr, Dollar Bay, MI 49922: (906) 482-5800.</p> </div>			



Instead of one of the featured menu selections try....

Lunch Choice #3

A fresh Garden Salad with a choice of protein, toppings and bread.

Lunch Choice #4

Stony field Farm Organic Yogurt or Trix Yogurt served with string cheese and bread.

Chilled Milk

Skim, 2% white or 1% chocolate

Condiments

Fat Free or Regular Dressing

Items with * may contain pork

! Students

Check out the Ala Carte Lunch Menu

Menus are subject to change due to availability of product.

