

# Athol-Royalston Regional

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
30 TERIYAKI CHICKEN NUGGETS MASHED POTATOES PBJ ON WHEAT CARROTS HOMEMADE BREAD ASSORTED FRUIT MILK - VARIETY 1% FRESH FRUIT	31 GRILLED HOTDOG ON A ROLL PBJ W/YOGURT OVEN FRIES FRESH VEGETABLES W/ DIP ASSORTED FRUIT FRESH FRUIT MILK - VARIETY 1% APPLE CRISP	1 STUFFED SHELLS GARDEN SALAD TUNA ROLL GARLIC BREAD PBJ ON WHEAT ASSORTED FRUIT MILK - VARIETY 1% FRESH FRUIT	2 HAMBURGERS HOMEMADE CHIX VEG. SOUP GREEN BEANS PBJ ON WHEAT ASSORTED FRUIT MILK - VARIETY 1% FRESH FRUIT JELL-O/TOPPING	3 CHICKEN POT PIE BOLOGNA/CHEESE on WHEAT DINNER ROLL CARROTS FRESH FRUIT ASSORTED FRUIT MILK - VARIETY 1% PBJ ON WHEAT
6 CHEESE QUESADILLA SPANISH RICE PBJ ON WHEAT CORN ASSORTED FRUIT MILK - VARIETY 1% FRESH FRUIT TUNA ROLL	7 TURKEY & CHEESE on WHEAT REDUCED FAT POTATO CHIPS FRESH VEGETABLES W/ DIP HOMEMADE CHIX SOUP TUNA ROLL YOGURT WITH 1/2 PBJ SAND ASSORTED FRUIT MILK - VARIETY 1%	8 NO LUNCH SENIOR / MIDDLE PEPPERONI POCKETS PASTA SALAD PBJ ON WHEAT PEAS FRESH FRUIT ASSORTED FRUIT MILK - VARIETY 1%	9 CHICKENBURGER TURKEY & CHEESE on WHEAT CARROTS ASSORTED FRUIT FRESH FRUIT MILK - VARIETY 1% PBJ ON WHEAT CHOC & VAN PUDDING	10 CHILI CHEESE BOWL MEAT & CHEESE TACOS BOLOGNA & CHEESE PBJ ON WHEAT RICE GREEN BEANS ASSORTED FRUIT MILK - VARIETY 1% FRESH FRUIT SALSA SAUCE
13 RAVIOLI BEEF TUNA ROLL PBJ ON WHEAT GREEN BEANS ASSORTED FRUIT HOMEMADE BREAD MILK - VARIETY 1% FRESH FRUIT	14 SCRAMBLED HAMBURG BUTTERED NOODLES PEAS & CARROTS PBJ ON WHEAT TUNA ON WHOLE WHEAT ASSORTED FRUIT FRESH FRUIT MILK - VARIETY 1%	15 SLOPPY JOE ON A BUN BOLOGNA/CHEESE on WHEAT PBJ ON WHEAT STEAMED BROCCOLI ASSORTED FRUIT FRESH FRUIT MILK - VARIETY 1% JELL-O/TOPPING	16 CHICKEN PARM/ROLL TURKEY & CHEESE on WHEAT CORN PASTA SALAD ASSORTED FRUIT FRESH FRUIT MILK - VARIETY 1% PBJ ON WHEAT	17 STUFFED CRUST PIZZA BOLOGNA & CHEESE PBJ ON WHEAT YELLOW BEANS ASSORTED FRUIT MILK - VARIETY 1% FRESH FRUIT SPICE CAKE
20	21	22 VACATION WEEK	23	24
27 CHICKEN NUGGETS MASHED POTATOES PBJ W/YOGURT EGG SALAD SANDWICH HOMEMADE BREAD GLAZED CARROTS FRESH FRUIT ASSORTED FRUIT MILK - VARIETY 1% BBQ SAUCE	28 SHEPHERD'S PIE HOMEMADE BREAD PEAS YOGURT WITH 1/2 PBJ SAND BOLOGNA & CHEESE ASSORTED FRUIT FRESH FRUIT MILK - VARIETY 1% CHOC CHIP SQUARES	29 ITALIAN MEATBALLS BUTTERED NOODLES BREAD STICK PLAIN SALAMI & CHEESE SANDWICH CORN ASSORTED FRUIT FRESH FRUIT MILK - VARIETY 1% PBJ ON WHEAT	1 HAMBURGERS PASTA SALAD TUNA ROLL PBJ W/YOGURT YELLOW BEANS ASSORTED FRUIT MILK - VARIETY 1% FRESH FRUIT FRZ JUICE BARS	2 STUFFED CRUST PIZZA PBJ ON WHEAT EGG SALAD SANDWICH PASTA SALAD GARDEN SALAD ASSORTED FRUIT MILK - VARIETY 1% FRESH FRUIT

Menu Subject to Change

	Average	Target	% of Target		Average	% of Calories	Target
Calories	695	667	104%	Protein	29.38* g	16.90%	9.30
Cholesterol	48 mg			Carbohyd	100.16 g	57.62%	
Sodium	1187 mg			Tot. Fat	20.30 g	26.27%	<30.00%
Fiber	6.58* g			Sat. Fat	6.08* g	7.87%	<10.00%
Iron	4.38* mg	3.30	133%				
Calcium	493.19* mg	267.00	185%				
Vitamin A	3269* IU	1165	281%				
Vitamin C	29.29* mg	15.00	195%				

NOTE: \* - Denotes missing or incomplete Nutrient Data.