

# Otego & Unadilla Elementary Lunch Menu

## February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Rotini w/ Meat sauce</b> <sup>7</sup> <b>Italian Bread</b>  <b>Tuna Sub</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Chicken Patty</b> <sup>2</sup> <b>on a bun w/ Rice</b>  <b>Bologna &amp; Cheese Sand</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Breakfast for Lunch</b> <b>French Toast Sticks,</b> <sup>3</sup> <b>Tator Tots, &amp; sausage</b>  <b>Turkey Sandwich</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Fish Nuggets</b> <sup>4</sup> <b>Cheesy Noodles</b> <b>Dinner Roll</b>  <b>Ham &amp; Cheese Sandwich</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b>	<b>Pepperoni Roll</b> <sup>5</sup> <b>w/ dipping sauce</b>  <b>PB &amp; J</b> <b>Lunchable</b>
<b>Hamburger or</b> <b>Cheeseburger on a Bun</b> <sup>8</sup> <b>French Fries</b>  <b>Bologna Sandwich</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Macaroni &amp; Cheese</b> <sup>9</sup> <b>Slice of Ham</b>  <b>Tuna Sandwich</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Soft Shell Taco w/</b> <b>Meat &amp; Cheese</b> <sup>10</sup> <b>Assorted toppings</b>  <b>Ham &amp; Cheese Sand.</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Chicken Tenders</b> <b>French Fries</b> <sup>11</sup> <b>Dinner Roll</b>  <b>Ham &amp; Cheese Sub</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Assorted</b> <sup>12</sup> <b>Pizza</b>  <b>PB &amp; J</b> <b>Lunchable</b>
<b>No</b> <sup>15</sup> <b>School</b>  <i>Presidents Day</i>	<b>Ravioli</b> <sup>16</sup> <b>Italian Bread</b>  <b>Turkey Sandwich</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Hot dog w/ cheese</b> <sup>17</sup> <b>on a bun</b> <b>Buttered Noodles</b>  <b>Ham Sandwich</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Vegetable Beef Stew</b> <sup>18</sup> <b>Dinner Roll</b>  <b>Bologna Sandwich</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Pepperoni Roll</b> <sup>19</sup> <b>w/ dipping sauce</b>  <b>PB &amp; J</b> <b>Lunchable</b>
<b>Nachos w/ meat,</b> <sup>22</sup> <b>cheese &amp;</b> <b>Assorted toppings</b>  <b>Turkey Sandwich</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Popcorn Chicken</b> <sup>23</sup> <b>Mashed potatoes</b> <b>&amp; Gravy</b> <b>Dinner Roll</b> <b>Ham Sandwich</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Grilled Cheese</b> <sup>24</sup> <b>&amp; Soup</b>  <b>Bologna Sandwich</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Sloppy Joe on a bun</b> <sup>25</sup> <b>French Fries</b>  <b>Tuna Sandwich</b> <b>PB &amp; Jelly Plate</b> <b>Yogurt Plate</b> <b>Milk</b>	<b>Assorted</b> <sup>26</sup> <b>Pizza</b>  <b>PB &amp; J</b> <b>Lunchable</b>

### Guess What?

Your heart can beat up to 40,000,000 times per year!  
 Roller-skating involves all of the body's muscles, especially the heart, and provides  
 a complete aerobic workout.

### Please Choose:

- 1 Entrée
  - 2 Different Fruit and / or Vegetables
  - 1 Milk
- Available Daily:**  
 Canned Fruit  
 Fresh Fruit  
 Fresh Vegetables  
 Hot Vegetable of the Day

A yogurt plate is: cheese, 4 oz yogurt and crackers.

A PB & jelly plate is: peanut butter and jelly in a cup, 2 slices of bread

PB & J Lunchable =  
 PB & Jelly, bread, apple, cheese stick, fruit snack

### School News

Menu's are subject to change

**Free & Reduced Applications are processed all Year.**

Pre-Pay Available for your convenience.

19 x \$1.45 = \$27.55  
 19 x \$ .25 = \$4.75

Breakfast	<b>FREE</b>
Lunch	\$1.45
Reduced	\$.25

