

Mabank ISD Intermediate School February 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Crispito Refried Garden Salad Strawberry Cup Choice of Ice Cold Milk	2 Mac & Cheese w/ Ham Green Peas Carrots Sliced Apples Choice of Ice Cold Milk	3 Soft Beef Taco Pinto Beans Mexicali Corn Diced Pears Choice of Ice Cold Milk
6 Baked Chicken Rings Pepper Gravy Mashed Potato Green Beans Pine Apple Rings Wheat Roll Choice of Ice Cold Milk	7 Spaghetti & Meat Sauce Steamed Corn Garden Salad Chilled Peaches Fresh Bread Stick Choice of Ice Cold Milk	8 Chicken Quesadillas Pinto Beans Mexicali Corn Strawberry Cup Choice of Ice Cold Milk	9 Salisbury Steak Brown Gravy Scalloped Potatoes Green Peas Mandarin Oranges Wheat Roll Choice of Ice Cold Milk	10 Tamales with Cheese Sauce Spanish Rice Tossed Salad Diced Pears with Gelatin Choice of Ice Cold Milk
13 Steak Finger's Gravy Mashed Potato Green Beans Peach Cup Texas Toast Choice of Ice Cold Milk	14 Beef and Cheese Nacho's Pinto Beans Mexicali Corn Fresh Banana Choice of Ice Cold Milk	15 Cheesy Chicken over Rice Sweet Potatoes Broccoli Apple Sauce Choice of Ice Cold Milk	16 Ham and Cheese Sandwich Burger Salad Carrot Sticks with Ranch Fresh Apple or Orange Choice of Ice Cold Milk	17 NO SCHOOL
20 NO SCHOOL	21 Pop Corn Chicken Pepper Gravy Mashed Potato Green Beans Mixed Fruit Biscuit Choice of Ice Cold Milk	22 Beef Enchilada's Refried Beans Spanish Rice Purple Grapes Choice of Ice Cold Milk	23 Lasagna Steamed Corn Black Eyed Peas Chilled Diced Peaches Garlic Bread Choice of Ice Cold Milk	24 BBQ Rib on Bun Black Eyed Peas Cole Slaw Diced Pears Choice of Ice Cold Milk
27 Baked Ravioli Steamed Corn Tossed Salad Mixed Fruit Garlic Toast Choice of Ice Cold Milk	28 Egg Rolls Steamed Squash Fried Rice Apple Sauce Fortune Cookie Choice of Ice Cold Milk	29 Chicken Spaghetti Carrots Pinto Beans Pears with Gelatin Garlic Bread Choice of Ice Cold Milk		

Choice of Milk, Chef Salads, Wraps, & Sandwiches Offered Daily **Menus are subject to change.**



An asterisk(*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% white milk.



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