

VESTAVIA HILLS Liberty Park Elementary/Middle School
Black History Month/Groundhog Day

MONTH: February 2010

LUNCH MENU

Milk, Fruit, Grab 'n Go Salad and Sandwich Plates Offered Daily

MENUS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Country Steak Chicken Fillet Sandwich Green Peas Mashed Potatoes Fresh Rolls	2 Chicken Wings BBQ/Baked Potatoes Baked Beans Corn on the Cob Cole Slaw Fresh Rolls	3 Veggie Lasagna Breaded Chicken Fillet Sandwich Steamed Italian Veggies Baked Potato Halves Spiced Fr./Garlic Twist	4 Hot Dog on Bun Oven Chicken Sweet Potatoes Steamed Rice Green Beans Fresh Rolls	5 Pizza Fish Nuggets Corn/Baked Beans Slaw/Salad Cornbread
8 Chicken Nuggets Beef Tips Rice/Gravy Steamed Broccoli Steamed Carrots Fresh Rolls	9 Tacos Chicken Fajitas Refried Beans Seasoned Corn Spanish Rice	10 Oven Chicken Country Fried Steak Macaroni & Cheese Black-eyed Peas Steamed Cabbage Cornbread	11 Chicken Fillet Sand. Spaghetti/ Meat Sauce Italian Green Beans Carrot Soufflé Garden Salad Garlic Twist	12 Pizza Fish Nuggets Corn/Salad Steamed Broccoli Slaw Cornbread
15 Professional Development Day No Students	16 Professional Development Day No Students	17 Cheese Pizza Chicken Fajita Pinto Beans Steamed Broccoli Sunshine Carrots Tossed Salad	18 Hamburgers Oven Baked Chicken Baked Beans Steamed Broccoli French Fries Cole Slaw Fresh Rolls	19 Breakfast for lunch Scrambled Eggs Sausage Biscuits Grits Cinnamon Apples
22 Beefy Cheesy Mac Italian Dunkers/ Vegetable Marinara Sauce Steamed Italian Veggies Okra Cinnamon Apples	23 Taco Salad Grilled Chicken Pinto Beans Mexican Corn Lettuce/Cheese Salsa/Roll	24 Hamburgers Chicken/Rice Casserole Corn on the Cob Carrot Soufflé Spiced Fruit Fresh Rolls	28 Chicken Fingers Meat Loaf Mashed Potatoes Squash Casserole Green Peas Fresh Rolls	29 Pizza Fish Nuggets Corn/Baked Beans Slaw/Salad Cornbread