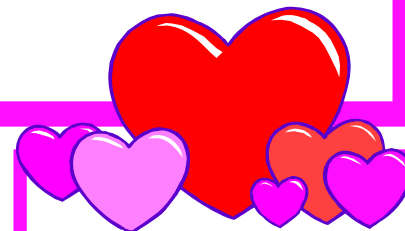


# February 2010

## BENZIE CENTRAL MS/HS



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pizza <b>1</b>  Baked Chicken Potatoes & Gravy Green Beans Peaches Roll	<b>DELAYED START 2</b> Sausage, Eggs & Hash browns  Scalloped Potatoes & Ham Corn Mixed Fruit Roll	Pancake on a Stick <b>3</b>  Corn Dogs/Beef Noodle Soup Beans Applesauce Pudding	Cheese Omelet OR Turn Over <b>4</b>  Nacho Bar Taco meat , Cheese, Salad, Refried beans, Tomatoes, Gr. Pepper, Onion, Blk. Olives, Rice Pineapple & Tortilla Shells	Sausage Gravy & Biscuits <b>5</b> Or Breakfast Casserole  Local Pizza Fresh Fruit Vegetable Cole Slaw or Salad Chicken Noodle Soup
Breakfast Pizza <b>8</b>  Shrimp Poppers Cole Slaw Tater Tots Applesauce	Sausage, Eggs & Hash browns <b>9</b>  Turkey Gravy Corn Potatoes Peaches Roll	Pancake on a Stick <b>10</b>  Chili / Quesada's Salad Pears Pudding	Cheese Omelet OR Turn Over <b>11</b>  Breakfast Bar Sausage, Eggs, Pancake Hash browns, Juice Mandarin Oranges Celery Sticks	Sausage Gravy & Biscuits <b>12</b> Or Breakfast Casserole  Local Pizza Fresh Fruit Vegetable Cole Slaw or Salad Tomato Soup
<b>15</b>  NO SCHOOL	Breakfast Pizza <b>16</b>  Marzetti Peas Peaches Bread Sticks	Pancake on a Stick <b>17</b>  Sesame Chicken Egg Drop Soup Rice, Green Beans Pears Fortune Cookie	Cheese Omelet OR Turn Over <b>18</b>  Taco Bar Taco meat beef or chicken, Cheese, Hard or soft shells, Salad, Refried beans, Tomatoes, Gr. Pepper, Onion, Blk. Olives, Rice & Pineapple	Sausage Gravy & Biscuits <b>19</b> Or Breakfast Casserole  Local Pizza Fresh Fruit Vegetable Cole Slaw or Salad Chicken Noodle Soup
Breakfast Pizza <b>22</b>  Chicken Nuggets Curly Potatoes Green Beans Pears Roll	<b>DELAYED START 23</b> Sausage, Eggs & Hash browns  Lasagna Salad Corn Baked Apples Bread Sticks	Pancake on a Stick <b>24</b>  Quesada's Vegetable Soup Salad Peaches Pudding	Cheese Omelet OR Turn Over <b>25</b>  Breakfast Bar Sausage, Eggs, Pancake Hash browns, Juice Mandarin Oranges Celery Sticks	Sausage Gravy & Biscuits <b>26</b> Or Breakfast Casserole  Local Pizza Fresh Fruit Vegetable Cole Slaw or Salad Tomato Soup

### News

DELAYED START  
DAYS

2\02\10

2\23\10

NO SCHOOL  
PRESIDENTS  
DAY

2\15\10

Fortified milk & 100% fruit juice are offered at breakfast along with bagels, low fat Yogurt, cereal, fresh fruit, homemade granola, whole wheat toast and vegetable. Menu is subject to change.

Salad Bar, homemade soups, vegetarian selections - hummus, & tubule, fresh fruit and a choice of Pizza or Bosco sticks are offered daily on the lunch menu along with fortified milk and 100% fruit juice.

