

# FEBRUARY 2010

## La Canada Unified School District Palm Crest Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BAGEL WITH CREAM CHEESE AND YOGURT	BEAN & CHEESE BURRITO	BAGEL WITH CREAM CHEESE AND YOGURT	BREADED CHICKEN PATTY ON BUN	CORN DOG
PEPPERONI PIZZA STIX	BAKED POTATO BAR WITH CHILI	GRAB AND GO SANDWICH WITH MILK, FRUIT AND COOKIE	PIZZA WEDGE CHEESE OR PEPPERONI	TURKEY & GRAVEY WITH MASHED POTATO
BBQ DAY  HAMBURGER, TURKEY DOG	BEEF OR CHICKEN TERIYAKI BOWL	PIZZA DAY	PASTA BAR WITH HOMEMEDE TOMATO AND MEAT SAUCE	CHICKEN NUGGETS WITH CORN

### FROM THE GARDEN

Monday	Tuesday	Wednesday	Thursday	Friday
Shredded Lettuce Tomato, Onions	Tossed Garden Salad With Lite Ranch and Italian Dressing	Caesar Salad Mix with Lite Caesar Dressing, Chicken, Parmesan Cheese	Tossed Garden Salad With Lite Ranch and Italian Dressing	Caesar Salad Mix with Lite Caesar Dressing, Chicken, Parmesan Cheese
Carrots	Tuna Salad Lettuce Tomato	Pudding	Tuna Salad Lettuce Tomato	Bagel with Cream Cheese
Tossed Garden Salad With Lite Ranch and Italian Dressing	Broccoli, Carrots, Cucumbers	Carrots Cucumber	Carrots, Broccoli Garbanzo Beans	Broccoli, Tomatoes Sliced Bell Peppers
Corn	Hummus with Whole Wheat Pitta Bread	Corn	Hummus with Whole Wheat Pitta Bread	Snap Peas Trail Mix Cucumbers
Oranges, Apples, Bananas	Bananas, Grapes, Pears	Apples, Oranges Bananas	Grapes, Apples	Oranges, Apples, Pears
Low Fat Yogurt	Snap Peas	Low Fat Yogurt	Pudding	Vegetarian Beans



•Every day we have All-You-Can-Eat Salad Bar full of Fresh Fruits and Vegetables

Tuesday & Thursday  
•Build your own Sandwich Bar

• All lunches include a choice of Non-Fat Chocolate Milk and 1% Low Fat Milk

