

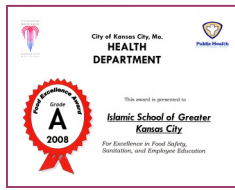
*Peanut Butter Sandwich will be offered as a second choice.*

## FEBRUARY 2012 LUNCH MENU

### Islamic School of Greater Kansas City



- Choice of Milk:**
- Chocolate Skim
  - White Skim
  - Strawberry



- Choice of Salad:**
- Garden Salad w/carrots
  - Garden Salad w/celery sticks

Monday 2/06/12	Tuesday 2/07/12	Wednesday 2/08/12	Thursday 2/09/12	Friday 2/10/12
Ground Beef Macaroni Garlic Bread Vegetable Garden Salad Fruit Milk	Chicken Quesadillas Vegetable Salad Fruit Milk Salsa	Tuna Salad on Bun or Peanut Butter Sandwich Vegetable Salad Fruit Milk	Taco Salad Tortilla Chips, Fruit Vegetables, Salad Salsa, Jalapenos Cheese, Tomatoes Sour Cream, Milk	Chicken Patty on Bun French Fries Vegetable Salad, Fruit, Milk Mayonnaise Ketchup
Monday 2/13/12	Tuesday 2/14/12	Wednesday 2/15/12	Thursday 2/16/12	Friday 2/17/12
Chicken Nuggets with Mashed Potatoes & Gravy, Bread Vegetable Garden Salad Fruit, Milk	Ground Beef Spanish Rice Mixed Vegetable Garden Salad Yogurt Salad Fruit, Milk	Turkey & Noodles Bread Mixed Vegetable Garden Salad Yogurt Salad Fruit, Milk	Chicken Burritos Chili Beans with Rice Fruit Garden Salad Milk Salsa	Cheeseburger on Bun French Fries Celery Sticks Trail Mix Ketchup, Mustard Fruit, Milk
Monday 2/20/12	Tuesday 2/21/12	Wednesday 2/22/12	Thursday 2/23/12	Friday 2/24/12
Chili & Cheese Hotdog On Bun French Fries Salad Fruit Milk	Kofta Kebab Potatos, Carrots & Rice Salad Fruit Milk Yogurt	Macaroni and Cheese Buttered Bread Vegetable Garden Salad Fruit Milk	Cheese Pizza Pasta Salad Vegetables Fruit Garden Salad Milk	<b>NO SCHOOL</b> Parent/Teachers' Conferences
Monday 2/27/12	Tuesday 2/28/12	Wednesday 2/29/12	Thursday 3/01/12	Friday 3/02/12
Salisbury Steak Mashed Potatoes & Gravy Bread Vegetable Garden Salad Fruit, Milk	Chow Mein with Noodles Green Beans Garden Salad Fruit, Milk Soy Sauce	Fish on Bun Garden Salad Peas with Carrots Fruit Mayonnaise Milk, Ketchup	Nachos with Meat Fruit Vegetables Salad Jalapenos Milk	Corn Dog French Fries Carrot Sticks Fruit, Trail Mix, Milk Ketchup, Mustard

\* \* \* According to bad weather, menu items may vary or change. \* \* \*



Message from Sr. Gulnaz

***The month of February is American Heart Month,***

which aims to bring awareness to heart health and prevention of cardiovascular disease.

**Five Foods To Eat For A Healthier You:**

1. Blueberries - High in two heart healthy components: antioxidants and anti-inflammatories.
2. Oatmeal - Oatmeal is packed with fiber, which can lower you LDL (bad) cholesterol.
3. Avocado - Has been shown to lower cholesterol.
4. Flaxseed – High in fiber and has antioxidants properties.
5. Nuts - Nuts such as walnuts and almonds can also help lower your LDL cholesterol and help reduce your risk of developing blood clots that could lead to a heart attack.

**NOTE: If your child has food allergies, please stop by the office and fill out a state required form to notify us of the allergy, otherwise, we cannot be held responsible for serving your child this food.**



**NOTICE OF NONDISCRIMINATORY POLICY**

The Islamic School of Greater Kansas City does not discriminate on the basis of race, color, national, and ethnic origin in administration of the State Lunch Program and other school-administered programs.