

Featured Specials of the Day

Wednesday, February 1

Pepperoni Pizza with Whole Grain Crust
WG Spaghetti w/ Meat Sauce
w/ or w/o WG Garlic Bread Stix
Italian Sub/Chicken Caesar Salad

Thursday, February 2

Chicken Filet on WW Bun
Corn Dog Nuggets
Pork BBQ on Bun/Oriental Chicken Salad

Friday, February 3

Cheeseburger or Hamburger on WW Bun
Turkey Chow Mein on Brown Rice
w/ or w/o Homemade Cinnamon Roll
Fish Filet on Bun w/ or w/o Cheese
Chef's Salad

Monday, February 6

Chicken Filet on WW Bun
Beef & Bean Burrito
Philly Cheese Steak Stuffer/Chef's Salad

Tuesday, February 7

Cheeseburger or Hamburger on WW Bun
Breaded Baked Chicken w/ or w/o Stuffing
w/ or w/o Dinner Roll
Ham & Cheese Wrap on WG Tortilla
Macho Nacho Salad

Wednesday, February 8

Cheese Pizza with WG Crust
Hot Wings
w/ or w/o Dinner Roll
Italian Meatball Sub/Chicken Caesar Salad

Thursday, February 9

Chicken Filet on WW Bun
Pork Dunkers w/ or w/o Dinner Roll
Sloppy Joe on WW Bun/Oriental Chicken Salad

Friday, February 10

Cheeseburger or Hamburger on WW Bun
Fish Nuggets w/ or w/o Cornbread
Pork Rib-B-Que on Bun/Chef's Salad

BREAKFAST

Choice of One Entrée:

Hot Breakfast Sandwich of the Day
Whole Grain Cereal with Whole Grain Poptart
Creamy Yogurt w/ Chewy Cereal Bar

*Sausage Biscuit (Monday only)

*Sausage on a Stick (Tuesday only)

Chicken Biscuit (Wednesday only)

*Ham & Cheese Biscuit (Thursday only)

*Breakfast Sausage & Cheese Pizza (Friday only)

Choice of One:

Fresh Fruit, Chilled Canned Fruit or
Chilled Fruit Juice

Choice of One:

1% White or Skim Milk

Note: Lactose free milk available upon request.

Side Dishes Available Daily

YOU MAY CHOOSE 1 OR 2 SIDE DISHES ALONG WITH YOUR ENTRÉE

HOT VEGETABLE OF THE DAY

COLD VEGETABLE OF THE DAY

CHILLED FRUIT OF THE DAY

FRESH FRUIT OF THE DAY

4 oz. YOGURT

4 oz. ORANGE JUICE

In addition, you may choose one of the types of milk listed below
to complete your healthy "School Meal" for a total price of 2.00.

CHOICE OF THE FOLLOWING TYPES OF MILK:

1% WHITE SKIM

1% STRAWBERRY 1% CHOCOLATE

Lactose free milk available upon request.

FREE & REDUCED APPLICATIONS ARE ACCEPTED ALL YEAR

If you received free or reduced lunch last year, your child will remain the same eligibility until a new application is received or the October 18th deadline is reached. A new application must be submitted each year. If an new application has not been APPROVED by October 18th, your student's eligibility will return to full paid and he will be charged for full price meals. Please remember that the parent is responsible for any charges that are made until the student's application is approved.

If you feel you are eligible and have not already applied, please submit a 2011-12 application as soon as possible. Applications can be obtained from the school office or online at the CPS website. You only need to complete one application per family. Applications can be mailed, dropped off at the School Nutrition Office, 1021 Great Bridge Blvd. or be given to the School Nutrition Manager at your student's school. We are sorry but we cannot accept faxed applications. When the application is processed, notification will be sent to the student's home. Thanks.



MENU FOR

February 2012

HIGH SCHOOL



CHESAPEAKE PUBLIC SCHOOLS

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

For nutrient analysis information see the School
Nutrition Manager at your school, call the Chesapeake School
Nutrition Office at

547-1470 or check it out on the web.

Check the web at www.cps.k12.va.us

Click on "Lunch Menus"

Click on "Nutrition Information"

Check the web for

Forms for Students with Special Dietary Needs

"Parents and Students"

"Medical"

"Physician's Statement for Students

with Special Dietary Needs"

We accept applications for Free and Reduced Price Meals all year
long. Please call 547-1470 for more information or check it out
on the web.

Featured Specials of the Day

Monday, February 13

Chicken Filet on WW Bun
Meat Loaf w/ or w/o Dinner Roll
Southwest Chicken Flatbread Sandwich
Chef's Salad

"Valentine's Day"

Tuesday, February 14

Cheeseburger or Hamburger on WW Bun
Chicken Nuggets w/ or w/o Dinner Roll
Hot Dog on Bun
w/ or w/o Chili & Cheese
Macho Nacho Salad

Wednesday, February 15

Pepperoni Pizza with Whole Grain Crust
WG Spaghetti w/ Meat Sauce
w/ or w/o WG Garlic Texas Toast
Italian Sub
Chicken Caesar Salad

Thursday, February 16

Chicken Filet on WW Bun
Corn Dog Nuggets
Pork BBQ on Bun
Oriental Chicken Salad

Friday, February 17

Cheeseburger or Hamburger on WW Bun
Turkey Chow Mein on Brown Rice
w/ or w/o Cinnamon Roll

Featured Specials of the Day

Monday, February 20

President's Day School Closed

Tuesday, February 21

Cheeseburger or Hamburger on WW Bun
Oven Baked Chicken w/ or w/o Stuffing
w/ or w/o Dinner Roll
Ham & Cheese Wrap on WG Tortilla
Macho Nacho Salad

Wednesday, February 22

Cheese Pizza with WG Crust
Hot Wings w/ or w/o Dinner Roll
Italian Meatball Sub
Chicken Caesar Salad

Thursday, February 23

Chicken Filet on WW Bun
Beef Nuggets w/ or w/o Dinner Roll
Sloppy Joe on WW Bun
Oriental Chicken Salad

Friday, February 24

Cheeseburger or Hamburger on WW Bun
Fish Nuggets w/ or w/o Cornbread
Rib-B-Que (Pork Rib Patty) on Bun
Chef's Salad

Featured Specials of the Day

Monday, February 27

Chicken Filet on WW Bun
Meat Loaf w/ or w/o Dinner Roll
Southwest Chicken Flatbread Sandwich
Chef's Salad

Tuesday, February 28

Cheeseburger or Hamburger on WW Bun
Chicken Nuggets w/ or w/o Dinner Roll
Hot Dog on Bun
w/ or w/o Chili & Cheese
Macho Nacho Salad

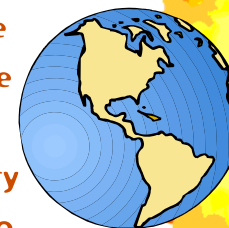
Wednesday, February 29

Pepperoni Pizza with Whole Grain Crust
WG Spaghetti w/ Meat Sauce
w/ or w/o WW Cheese Roll
Italian Sub
Chicken Caesar Salad

365.2422

That's how many days it takes
the earth to orbit the sun . . .

and that's why we
have leap year. We
add a day to the
month of February
every four years to
make up for the .2422 days



that just won't fit in our regular year!

LEAP YEAR 2012

VEGETARIAN ENTRÉE CHOICES

Monday - Baked Potato with a Choice of Toppings

Tuesday - Veggie Burger on Whole Wheat Bun

Wednesday - Veggie Nuggets w/ WG Roll

Thursday - Chili Max Wraps

Friday - Fresh Vegetables on a WW Wrap

OFFERED DAILY

Yogurt w/ Chewy Cereal Bar
Smucker's PB&J Uncrustable
Grilled Cheese Sandwich

*Menu items may contain pork

Menus are subject to change due to availability.

