


LUNCH FEBRUARY 2012

HART ISD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>School Information: FEB.6 FLEX DAY FEB.16 12:30 EARLY RELEASE</p>		<p>BBQ SANDWICH, HAM & CHEESE SANDWICH, BAKED CHIPS SALAD, PICKLES FRUIT CUPS, MILK</p>	<p>SALISBURY STEAK, CORN DOG, SEASONED POTATOES, GREEN BEANS, SALAD, CARROTS, CUCUMBER CHIPS, JELLO CUP, MILK</p>	<p>HOT DOGS, BAKED POTATOE, CHILI & CHEESE, CALIFORNIA BLEND VEGTABLES, SALAD, CARROTS, PUDDING CUP, MILK</p>
<p>FAJITAS, TACO SALAD, RICE, REFRIED BEANS, SALAD, CARROTS, FRUIT CUPS, MILK</p>	<p>CHICKEN SANDWICH, HAMBURGER, TATOR TOTS, SALAD, PICKLE JELLO W/FRUIT CUPS, MILK</p>	<p>CHICKEN QUESADILLA, SPAGETTI, GARLIC TOAST, MIXED VEGTABLES, SALAD, CARROTS, CUCUMBER CHIPS, PINEAPPLE CUPS, MILK</p>	<p>SLOPPY JOE, CORN DOG, BAKED CHIPS, SALAD, CARROTS, PICKLES, PEACH CUPS, MILK</p>	<p>PIZZA, CORN, SALAD, CUCUMBER CHIPS, CARROTS, PICKLES, MILK</p>
<p>MC RIB, BURRITTO W/ CHILI & CHEESE MAC & CHEESE, SALAD, PICKLES, CARROT, MIXED FRUIT CUP, MILK</p>	<p>SPAGHETTI, GARLIC TOAST, PIZZA, CORN, SALAD, CUCUMBER CHIPS, CARROTS, PUDDING CUPS, MILK</p>	<p>HAMBURGER, CHICKEN SANDWICH, TATOR TOTS, SALAD, PICKLES, CARROTS, PEACH CUPS, MILK</p>	<p>ENCHILADA CASSAROLE, TACO SALAD, RCE, REFRIED BEANS, SALAD, CUCUMBERS, CARROTS, PINEAPPLE CUP, MILK</p>	<p>HOT DOG, CHILI & CHEESE, BAKED BEANS, SALAD, PICKLES, CARROTS, CUCUMBERS, YOGURT, COOKIE MILK</p>
<p>COUNTRY FRIED STEAK, MASHED POTATOES, FAJTAS, RICE, REFRIED BEANS, SALAD, CUCUMBER, CARROTS, FRUIT, MILK</p>	<p>HOT DOG, HAM SANDWICH, BAKED CHIPS, SALAD, PICKLES, CARROTS, CUCUMBER, FRESH FRUIT, MILK</p>	<p>PIZZA, TUNA SALAD, MIXED VEGTABLES, SALAD, CARROTS PICKLES, CUCUMBER, JELLO CUPS, MILK</p>	<p>POLISH SAUSAGE, CHICKEN SANDWICH, TATOR TOTS, CALIFORNIA BLEND VETABLES, SALAD CARROTS, CUCUMBER, YOUGORT, MILK</p>	<p>TUNA SALAD, CHALUPAS, RICE, BEANS, SALAD, PICKLES, FRUIT CUPS, PUDDING, COOKIE, MILK</p>
<p>STEAK FINGERS, CHICKEN NUGGETTS, MASHED POTATOES, PEAS & CARROTS SALAD, CUCUMBER, PICKLES, FRESH FRUIT, MILK</p>	<p>MC RIB, CORN DOG, MACARRONI & CHEESE, SALAD, PICKLES, CUCUMBER GREEN BEANS, PUDDING CUPS, MILK</p>	<p>HAMBURGERS, BBQ SANDWICHES, TATOR TOTS, RANCH STLE BEANS, SALAD, PICKLES, CUCUMBER CARROTS, PEACH CUPS, MILK</p>		

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.²
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

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