





February 2010

Little Food, Big Flavors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>More Info...</p> <p><u>Lunch Prices</u> Full Pay: \$2.25 Reduced: \$.40 Free: No Pay</p> <p>*Entrée contains pork or pork products</p> <p><u>Always Available:</u> Tony's Pizza Cheeseburger Hamburger Chicken Sandwich Deli Bar Chef Salad Fruit Juice Fresh Fruit</p> <p>LOOK FOR A TRIAL DELI BAR TO RUN FEBRUARY 1 TO MARCH 28</p> <p>Make sure to let your cafeteria staff know what you think about the new line!</p> <p>Questions, Comments or Concerns? Please Call the Aramark Office at 815-547-4063</p>
1 Turkey Tetrazzini Baked Potato Bar Broccoli Cuts Pineapple Chunks Milk Selection	2 Spaghetti & Meatballs Chicken Alfredo Pizza Green Beans Mandarin Oranges Milk Selection	3 BBQ Chicken Diced Pork & Gravy* Mashed Potatoes Mixed Fruit Cup Milk Selection	4 Chicken Soft Tacos Beef Enchiladas Golden Corn Mixed Fruit Milk Selection	5 Fish Sandwich Chicken Parmesan Stromboli Mixed Vegetables Diced Pears Milk Selection	
<p>'Souper' Bowl Week- enjoy soup and sandwich combos</p>					
8 Chicken Noodle Bowl Diced Pork & Gravy* Mashed Potatoes Mandarin Oranges Milk Selection	9 Macaroni & Beef Bake Hawaiian Pizza* Peas & Carrots Fresh Apple Milk Selection	10 BBQ Chicken Philly Cheese steak Oven Potatoes Mixed Fruit Cup Milk Selection	11 Chicken Soft Tacos Beef & Bean Burrito Green Beans Diced Peaches Milk Selection	12 School Improvement Day 	
15  Presidents Day	16 Italian Chicken Sandwich Meat Lover's Pizza Side Salad Mandarin Oranges Milk Selection	17 Chicken Teriyaki Meatloaf w/ Gravy Augratin Potatoes Pineapple Chunks Milk Selection	18 Breaded Chicken Beef Quesadilla Carrot Coins Diced Pears Milk Selection	19 Sausage Stromboli Caribbean Sloppy Joe Broccoli Cuts Diced Peaches Milk Selection	
22 BBQ Chicken Sliders Italian Meatball Sub Oven Fries Fruited Jello Milk Selection	23 Honey Mustard & Ham Slider with Apple* Buffalo Chicken Pizza Peas & Carrots Diced Peaches Milk Selection	24 BBQ Pork Sliders* Jerk Chicken Mixed Vegetables Pineapple Chunks Milk Selection	25 Chicken Quesadilla Beef Soft Tacos Mini Corn Cobbette Diced Pears Milk Selection	26 Chicken Sticks Hawaiian Stromboli* Steamed Broccoli Mixed Fruit Cup Milk Selection	
<p>FUEL 'Little Food, Big Flavors' Enjoy appetizer inspired meal options!</p>					
1 Chicken & Noodles Buffalo Chicken Sandwich Mashed Potatoes Rosy Applesauce Milk Selection	2 Chicken Parmesan Sandwich Cheeseburger Pizza Green Beans Diced Peaches Milk Selection	3 <u>NEW MENU ITEM</u> Breaded Chicken BBQ Beef Sandwich Oven Fries Mandarin Oranges Milk Selection	4 Poppin Chicken Burrito Chicken Soft Tacos Chuckwagon Corn Fresh Apple Milk Selection	5 BBQ Rib Sandwich* Meatloaf w/ Gravy Broccoli Cuts Mixed Fruit Milk Selection	

Belvidere South Middle School Lunch Menu



Special News...

If you receive free or reduced price lunch, you also receive free or reduced price breakfast. Take advantage of this opportunity to get your day headed in the right direction. Ask your cafeteria manager what time breakfast is served!

Menus are subject to change without notice.

