

FEBRUARY 2012 RUMNEY LUNCH MENU

\$2.75/lunch; \$0.50/milk; \$0.75/snack

"We're a School that Tries New Foods!"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SPECIAL NOTES
01/30/12	01/31/12	02/01/12	02/02/12	02/03/12	Week of 1/30-2/3/12
Corn Chowda! (GF) -Homemade ww Roll w/ Cabot Butter -Romaine Salad w/ choice of Italian or Rumney Maple Balsamic dressings -Chocolate ww Brownie! -Canned Peaches	-Whole corn Tacos w/ seasoned ground turkey and melted cheddar cheese (or black bean taco and cheese) (GF) -optional toppings: lettuce, tomatoes, salsa, sour cream -Seasoned black beans -Brown Rice -Canned Pears	-Baked chicken (GF) -Roasted Locally grown Veggies (healthy snack favorite!) -ww biscuit w/Cabot butter -VT apple	Rumney's Awesome Whole Wheat Pizza! Choice of VT Smoke and Cure Bacon and pineapple, cheese, or pesto w/ tomatoes and broccoli (GF) -Spinach salad w choice of Italian, Rumney Maple balsamic -VT Carrot sticks -Mandarin Oranges	-VT Apple and cheese quesadilla on ww wrap-yum! -Sweet Potato Fries w/ ketchup -Spinach Salad w/ choice of Italian or Rumney Maple Balsamic dressings -VT apple	Sandwich Alternative available in place of first menu item: Ham and Cheese on ww (GF)
02/06/12	02/07/12	02/08/12	02/09/12	02/10/12	Week of 2/6-2/10/12
-Grilled Cheese on ww (GF) -Tomato Soup -Saltine Crackers -Canned Fruit Cocktail -Carrot Sticks w/ Ranch	-Brunch for Lunch!!! -French toast w/ Templeton Farm maple syrup (GF) -sausage patty -Red potato homefries -Hardboiled egg -Applesauce or o.j.	-Turkey sandwiches w/ mayo, cheese, lettuce on a ww sandwich roll (GF) -Jumbo Pretzels -Baby Carrots/dip -Fresh Orange slices -Oatmeal CC Cookie -No Sandwich Alt!	- Rumney's Awesome Whole Wheat Pizza! Choice of Pepperoni, cheese, or pesto w/ tomatoes and broccoli (GF) -Romaine salad w/ choice of Italian or Rumney Maple balsamic dressing -Fresh Broccoli florets w/dip -DeliciousApple	-Mackenzie Hot Dog and ww roll (GF) w/ketchup, mustard, relish or Veggie Burger on ww Roll -Baked Beans w/ VT Smoke and Cure Bacon -Steamed Peas -Canned Pineapple or Delicious Apple	Sandwich Alternative available in place of first menu item: Turkey and Cheese w/ Romaine on WW bread (GF) (no sandwich alt on 2/8)

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02/13/12	02/14/12	02/15/12	02/16/12	02/17/12	week of 2/13-2/17/12
-Our Famous WW Mac and Cheese (GF) -Homemade cornbread w/ Butterworks Farm cornmeal and Cabot butter -Steamed mixed vegetables -Applesauce	- New! Vegetable Minestrone Soup w/ chicken (w/chicken, veggies, pasta, parm cheese) also available vegetarian -ww Roll w/ Cabot butter -Tossed Salad w/ choice of Italian or Rumney Maple Balsamic dressings -WW Brownie -Fresh Apple	-Hamburger or Cheeseburger on ww Roll w/ Templeton Farm grass-fed beef (GF) or veggie burger alternative -VT Roasted Red potato wedges w/ ketchup -Steamed green peas -Fresh Orange Slices	-Rumney's Awesome Whole Wheat Pizza! Choice of Sausage, cheese, or pesto w/ tomatoes and broccoli (GF) -Spinach salad w/ choice of Italian, Rumney Maple balsamic -VT Carrot sticks -VT Apple	-Seasoned Roasted Chicken (GF) (-Sweet Potato Fries -Steamed green beans -Canned Peaches	Sandwich Alternative available in place of first menu item: Egg Salad w/ Romaine on WW bread (GF) GF: item is available with a GF substitute ww: whole wheat is 51% or more in the recipe.
02/20/12	02/21/12	02/22/12	02/23/12	02/24/12	week of 2/20-2/24
-Deb's Dunkers!! (GF) (Melted cheese on a homemade ww roll w/ marinara dipping sauce) -Garlic buttered ww pasta -Steamed broccoli -VT Carrots w/ side of ranch dressing -Canned Mandarin Oranges	-Asian Chicken Wrap on ww Wrap w/spinach and hoisin dressing-Yum! (GF) -French Fries -Fresh Pears -ww Oatmeal CC Cookie	-WW Spaghetti w/ Templeton Farm grass-fed beef sauce or marinara sauce (GF) -Homemade ww rolls w/ Cabot butter -Romaine salad w/ choice of Italian or Rumney Maple Balsamic dressing -Canned Peaches	-Rumney's Awesome Whole Wheat Pizza! Choice of Pepperoni, cheese, or pesto w/ tomatoes and broccoli (GF) -Spinach salad w choice of Italian, Rumney Maple balsamic -VT Carrot sticks -VT Apple	-Whole Grain Chicken Nuggets or veggie burger alternative -Homemade Sweet Potato Fries/French Fries medly -Steamed Peas -Fruit medly-Pears, peaches, apples	Sandwich Alternative available in place of first menu item: Chicken Salad on a ww wrap w/ lettuce, cheese (GF bread alternate)

In accordance with federal law, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SPECIAL NOTES
02/27/12	02/28/12	02/29/12	03/01/12	03/02/12	
Winter Break—No School	Winter Break—No School	Winter Break—No School IT'S A LEAP YEAR!!	Winter Break—No School	Winter Break—No School	<u>1st day back to school, Wed 3/7/12:</u> Grilled Cheese Tomato Soup Saltine Cracker Carrots Fruit

Rumney Breakfast menu for month of FEBRUARY 2012 **NOTE THE CHANGES!!** \$2.00/breakfast

Monday: Breakfast Sandwich—fried egg w/ American Cheese on a whole wheat English muffin w/ bacon or sausage or cheese only

Tuesday: Whole Wheat waffles with Rumney maple syrup, sausage patty

Wednesday: Scrambled eggs with whole wheat toast and bacon, ketchup

Thursday: **NEW! Whole Wheat pancakes with Rumney maple syrup!, sausage links**

Friday: Rumney's famous breakfast pizza—whole wheat pizza crust with egg, cheddar and Moz cheese and bacon/sausage bits or cheese/egg only

All Breakfasts are served with 100% orange juice, 1% or skim milk, and a serving of fruit. Bagels w/ low fat cream cheese or Rumney Granola or boxed cereals are available in place of main breakfast entree.

Rumney Snack Menu: \$0.75/snack. This snack is not reimbursable under the Federal Free and Reduced breakfast and lunch program and will be deducted from your child's food service account. 1% and skim milk or 100% orange juice available for an extra \$0.50.

Mondays: Rumney Granola bar—homemade bar with locally grown oats and Rumney maple syrup

Tuesday: 4 oz Stonyfield Farms vanilla yogurt w/ homemade Rumney whole oat nut-free maple granola

Wednesday: Popcorn from the PTO for 25 cents -not deducted from your child's food service account. Please provide a quarter if your child wants popcorn.

Thursday: Woody's Blues Blueberry Whole Grain Muffin w/ Cabot butter—blueberries from our custodian, Woody's, blueberry bushes!!

Friday: Free Healthy Snack featuring locally grown food from the Foodworks Farm-to-Table program!

Please maintain a positive balance in your child's food service account. We act on a debit system and your child's account will be deducted for each meal, snack or drink ordered. You will receive a bill every other week only if your child's account is in the negative.

