

BAY SHORE MIDDLE SCHOOL

February 2010

Monday

Tuesday

Wednesday

Thursday

Friday

BAKED CHICKEN ¹
SWEET POTATOES
GREEN BEANS
SEMOLINA ROLL
CHILLED
APPLE SAUCE

NEW ITEM! ²
TACO WRAP
LETTUCE & SALSA
FLUFFY RICE &
BEANS
CHILLED FRUIT

³
BEEF LASAGNA
STEAMED BROCCOLI
ITALIAN BREAD
FRUIT JUICE ICY

⁴
STUFFED CRUST
PIZZA
VEGGIE STICKS & DIP
SEASONAL FRESH
FRUIT

⁵
SUPERINTENDENT'S
CONFERENCE DAY

NO SCHOOL

MINI BURGER ⁸
SLIDERS
LETT, TOM & PICKLES
OVEN POTATOES
CHILLED MIXED
FRUIT CUP

⁹
CHICKEN FAJITA
WRAP
LETTUCE & SALSA
FLUFFY BROWN RICE
FRUITY GELATIN CUP

¹⁰
FRESH MINESTRONE
MEATBALL HERO
ON GARLIC BREAD
PASTA SALAD
CHILLED PEARS

*CHINESE NEW YEAR
LUNCHEON* ¹¹
CHICKEN STIR-FRY
YELLOW RICE
FORTUNE COOKIE
MANDARIN ORANGE

¹²
FRENCH BREAD
PIZZA
VEGGIE STICKS & DIP
SEASONAL FRESH
FRUIT
*SPECIAL COOKIE
LINCOLN'S BIRTHDAY*

¹⁵
MID-WINTER RECESS

PRESIDENT'S DAY

¹⁶
MID-WINTER RECESS

MARDI GRAS

¹⁷
MID-WINTER RECESS

ASH WEDNESDAY

¹⁸
MID-WINTER RECESS

¹⁹
MID-WINTER RECESS

²²
BAKED CHICKEN
WHIPPED SWEETS
GARDEN PEAS
CRACKED WHEAT
ROLL
CHILLED
APPLE SAUCE

²³
BEEF NACHO SALAD
OVER
RICE & BEANS
TORTILLA CHIPS
CHILLED PEACHES

²⁴
TURKEY VEG SOUP
TOASTED * HAM &
MOZZARELLA
CARROT STICKS
TRAIL & NUT MIX

BRUNCH FOR LUNCH ²⁵
CHILLED JUICE
SCRAMBLED EGGS
TURKEY SAUSAGE
ONION ROLL
SLICED
STRAWBERRIES

²⁶
INDIVIDUAL PAN PIZZA
VEGGIE STICKS & DIP
SEASONAL FRESH
FRUIT

Guess What?

Your heart can beat up to 40,000,000 times per year!

Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.

8 OZ SKIM OR LOW-FAT MILK, GARDEN SALAD AND FRUIT ARE OFFERED WITH EVERY LUNCH.

JANET SKLAR, DIRECTOR

(631)968-1193 jsklar@bayshore.k12.ny.us

NATIONAL NEWS

AMERICAN HEART
MONTH
BLACK HISTORY
MONTH

SWEET POTATO,
CHERRY &
STRAWBERRY MONTH

CHINESE NEW YEAR OF
THE TIGER (02/14)
VALENTINE'S DAY
(02/14)

PURIM & HOLI (02/28)

SCHOOL NEWS

MENU SUBJECT TO CHANGE
STUDENT BREAKFAST

\$1.00

STUDENT LUNCH \$2.00

ADULT LUNCH \$3.25+ TAX

**MAY CONTAIN PORK*
DAILY ALTERNATES:
ASSORTED
SANDWICHES & SALAD
PLATES

PIZZAS & 1/4 # BURGERS

