

# White Mountain Middle

## February 2020

The USDA and this institution are equal opportunity providers and employers.



### EVERYDAY CHOICES

Flame Broiled Lean Beef Patty  
Chicken Patty: Original or Spicy

All sandwiches served on WW buns & include a trip through the Thrive Garden Bar.

Daily Side – Fresh Baked Potato Fries or Tots



### A MINIMUM OF 5 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety

Locally Grown items are offered whenever seasonally available

SP V

Low Fat or Fat Free Milk included with all meals

Lunch Prices: Student: \$2.50 Adult: \$ 3.90	Be a Food Adventurer! Try something new today for lunch!	TRADITIONS	LOCAL	
3 Mini Cheese Ravioli Garlic Knots w/ Spinach Salad V	4 <i>National Chili Month!</i> Rainbow Chili & Tortilla Chips w/ Aztec Corn V	5 <i>World Street Food Day!</i> Pavo al Pastor w/Tortillas & Carrots Escabeche - Spicy Pickled Carrots	6 <i>Flavor Invasion!</i> Thai Coconut Curry Made with Turkey w/ Ginger Scented Rice	7 Pasta Macaroni Queso Blanco w/ Aztec Corn V
10 Bean & Cheese Enchiladas Roja w/ Spanish Rice V	11 Korean BBQ Meatballs w/ Jicama Cucumber Salad & Steamed White Rice	12 <i>World Street Food Day!</i> Jersey Shore Style Grilled Cheese Sandwich w/ Pizza Sauce, Mozzarella & Fries V	13 Pork Street Tacos w/ Zesty Cilantro Rice & Zesty Beans	14 Pasta Spaghetti w/Meat Sauce w/ Fresh Garden Salad
17 <b>PRESIDENTS' DAY</b>	18 <i>National Chili Month!</i> Frito Chili Pie w/ Santa Fe Garden Salad	19 <i>World Street Food Day!</i> Canal Street Mac Attach w/ Broccoli & Lime Salad & Cinnamon Pinwheel	20 Cheesy Potato Bowl with Popcorn Chicken w/ W Wheat Roll	21 Cheesy Breadsticks w/ Marinara Dipping Sauce V
24 Turkey Gravy w/ Mashed Potatoes & WW Roll	25 Baja Fish Tacos w/ Mexican Slaw	26 Cream of Tomato Soup w/Grilled Ham & Cheese "Panini"	27 Chicken & Waffles w/ Warm Berry Compote	28 <i>National Chili Month!</i> Chili with Beef Corn Muffin w/ Santa Fe Garden Salad



### EVERYDAY CHOICES

Every Monday, Wednesday, & Friday: Cheese and/or Pepperoni Pizza

Mondays: Sausage Pizza Wednesdays: Ham & Cheese Stromboli / Italian Stromboli

Fridays: Calzone This meal include a trip through the Thrive Garden Bar.

All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts. V



FRIDAYS!

02/07: Teriyaki Chicken

02/14: Sweet & Sour Chicken

02/21: Staff Inservice Day

02/28: Orange Chicken

Everyday Sides: Rice or Noodle &  
Fresh Veggie Stir Fry



### EVERYDAY CHOICES

-Turkey & Cheese

-Ham & Cheese

-American Combo

V -Mega-Veggie

All sandwiches served on WW Sub  
Rolls and include a trip through the  
Thrive Garden Bar. Vegetarian  
options offered daily.



Tuesdays  
& Thursdays:

Nachos with choice of Beef,  
Chicken, Pork or Cheese

Fridays: Taco Salads with choice  
of Beef, Chicken, Pork or Cheese

Sides: Refried Beans, Spanish  
Rice, Lettuce, Tomato, Onion,  
Olive, Jalapeno, Salsa



SP

Smart Pick

V

Vegetarian

Mon: Turkey & Cheese Sub, Chicken Caesar Wrap, Chef Salad

Tues: Ham & Cheese Sub, Crispy Chicken Wrap, SPICY Chicken Salad

Wed: Italian Sub, SW Chicken Wrap, Chicken Caesar Salad

Thurs: American Sub, Taco Salad, Buffalo Chicken Wrap

Fri: Italian Wrap, PB&J Sandwich, Garden Salad

A variety of entry-level employment opportunities are available with your friendly School Nutrition team.

<http://sodexo.balancetrak.com/201929788>

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## Fresh Pick this Month; Go Carrot Crazy For Health

Featured produce pick this month is Rainbow Carrots. The Carrot is the second most popular vegetable in the world after the potato. Most people think all carrots are orange, but they actually range in color from white, to yellow, to crimson! Carrots are available year-round and are grown primarily in California, Michigan, Texas, Canada and Mexico. When choosing a carrot, avoid the ones that are crackled, shriveled, soft or wilted, and choose one that has a deep orange color. More beta-carotene is present in carrots that have a darker orange color. Carrots are best stored in the refrigerator, but must be placed somewhere away from other fruits like apples or pears. Fruits produce ethylene gas as they ripen and will decrease the storage life of carrots, as well as other vegetables

## Did You Know?

### Bonding for good

Volunteering with and for others increases your social interaction and builds a support system based on common commitment and interests – both proven strategies for managing stress and lifting your moods. Enjoy a sense of purpose and fulfillment – and increase your self-confidence while you're at it!

**DeStress  
Mondays**

## Give your taste buds a treat as we explore: World Street Food Wednesdays!



In this World Street Foods event, we feature everyone's favorite veggie with a bit of flair!

Students can try the Main Street Turkey Carnitas with Mandarin Orange & Jicama Salad guaranteed tuber-tastic!



**So Happy**

**So Happy...** the new app that tells you what's on the menu today in your school's cafeteria. Check out the menu items—including calories, nutritional information and allergens. There's also a step counter and the option to offer feedback.

AVAILABLE AS A FREE DOWNLOAD ON THE APP STORE & GOOGLE PLAY.  
Search "So Happy"

