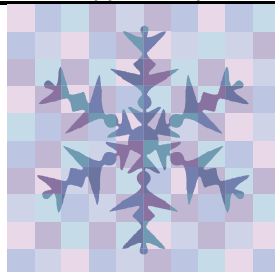


Indian Lake Central School District Cafeteria Menu – February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Plain Bagel, Cream Cheese, Fruit, Juice ----- Salisbury Steak, Oven Baked Potatoes, California Blend, Fruit	2 Waffles, Syrup, Fruit, Juice ----- Choice of Soup, Tuna Fish or Peanut Butter Sandwich, Carrot Sticks w/dip, Cookie	3 Cinnamon Roll, Yogurt, Fruit, Juice ----- Meatball Sub, French Fries, Corn, Fruit
6 Toasted Oats, Toast, Jelly, Fruit, Juice ----- Toasted Cheese, Pasta Salad, Juice, Fruit	7 Scrambled Eggs, Hash Brown, Fruit, Juice ----- Cheese Ravioli, Garden Salad, Garlic Bread, Fruit	8 Sausage & Biscuit, Fruit, Juice ----- Ham Steak, Scalloped Potatoes, Green Beans, Applesauce Cake	9 Cinnamon Roll, Yogurt, Fruit, Juice ----- Chicken Fajitas, Refried Beans, Tossed Salad, Fruit	10 Muffin Square, Cheese Stick, Fruit, Juice ----- Chicken Patty on a Bun, Lettuce, Tomato, Cheese, Potato Puffs, Peas, Fruit
13 English Muffin, Peanut Butter, Fruit, Juice ----- Baked Potato, Choice of Topping, Broccoli, Bread Stick, Fruit	14 Scrambled Eggs, Hash Brown, Fruit, Juice ----- Chicken Parmesan, Spaghetti, Tossed Salad, Breadstick, Pudding	15 Blueberry Pancake, Syrup, Fruit, Juice ----- Taco Salad Bar, Spanish Rice, Fruit	16 Plain Bagel Cream Cheese, Fruit, Juice ----- Cheese Pizza, Garden Salad, Green Beans, Fruit	17 Crisp Rice, Toast, Jelly, Fruit, Juice ----- Hamburger on a Bun, Lettuce, Tomato, Onion, Cheese, Corn, French Fries, Fruit
20 Winter Recess	21 Winter Recess	22 Winter Recess	23 Winter Recess	24 Winter Recess
27 Breakfast Pizza, Fruit, Juice ----- Chicken Nuggets, Rice Pilaf, Green Beans, Fruit	28 Plain Bagel, Cream Cheese, Fruit, Juice ----- Choice of Soup, Tuna Fish or Peanut Butter Sandwich, Juice, Cookie	29 Toasted Oats, Toast, Jelly, Fruit, Juice ----- Chicken & Biscuit, Mashed Potatoes, Cranberry Sauce, Apple Crisp		

Choice of Milk: Reduced Fat, Low Fat Chocolate, Skim
Entrée Alternatives: Peanut Butter and Jelly or Cheese Sandwiches, Yogurt. Shaker Salad



Prepayment available – call (518) 648-5024 for information.
Menu subject to change without notice.