

# February 2010

## PIONEER CAFÉ LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Steak Or Pork Chop Biscuit Mashed Potatoes Salad Fruit Cup <b>1</b>	Pizza Or Ceasar Salad w/ Breadstick Carrots w/ Ranch Blueberries Brownie  Ms. Browning's Class	Philly Steak Or Turkey Ranch Wrap Baked Potato w/ Toppings Fruit <b>3</b>	Baked Spaghetti Or Grilled Chicken Breadstick Salad Fruit <b>4</b>	Chili Grilled Cheese Celery w/Peanut Butter Cup Apple Slices <b>5</b>
Country Fried Steak Or Chicken Pattie California Veggies Fruit <b>8</b>	Pizza Stix Corn Salad Fruit <b>9</b>	Scrambled Eggs Biscuit Gravy Baked Apples Hashbrown <b>10</b>	Beef Pot Pie Or Egg Salad Sandwich Salad Green Beans Fruit <b>11</b>	Hot Dog Or Fish Nuggets Potato Wedges Coleslaw Fruit <b>12</b>
Taco Or Chicken Quesadilla Mexicali Corn Refried Beans Fruit <b>15</b>	Corndog Or Chicken Salad Sandwich Broccoli w/ Cheese Fruit <b>16</b>	Lasagna Or Grilled Chicken Garlic Toast Green Beans Salad Fruit <b>17</b>	Chicken Ranch Wrap Or Hot Ham & Swiss Fries Baked Beans Fruit <b>18</b>	Macaroni & Cheese Or Vegetable Beef Soup w/ Peanut Butter Sandwich Salad Fruit <b>19</b>
Sweet & Sour Chicken Or Bologna Sandwich Asian Vegetables Veggies & Dip Fruit <b>22</b>	Pizza Choice Corn Salad Fruit Jello <b>23</b>	Polish Sausage on Bun Or Bacon Cheeseburger Fries Fruit <b>24</b>	Chili, Chips & Cheese Or Tuna Salad Sandwich Salad Applesauce <b>25</b>	Chef Salad Or Sub Combo Veggies & Dip Fruit <b>26</b>

### 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.

### A La Carte

### School News

Menu's may change without notice.

