

February 2012

PROPEL MONTOUR

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Mon	Tue	Wed	Thu	Fri
		¹ WHOLE GRAIN PIZZA CRUNCHERS	² WHOLE GRAIN CORN DOG	³ WHOLE GRAIN CHICKEN STRIPS WITH WHOLE GRAIN DINNER ROLL W/ MASHED POTATOES
⁶ CRISPY EGGROLL W/ WHOLE GRAIN RICE	⁷ PERSONAL PIZZA	⁸ ROASTED BBQ CHICKEN DRUMSTICKS W/ WHOLE GRAIN DINNER ROLL W/ BAKED POTATO	⁹ TACO NACHOS W/ TORTILLA CHIPS	¹⁰ HOT DOG ON A WHOLE GRAIN BUN
¹³ GENERAL TSO'S CHICKEN W/ VEGETABLE FRIED RICE	¹⁴ MINI TWIN CHEESEBURGER	¹⁵ SPACHETTI W/ MEAT SAUCE TOSSED SALAD W/ DRESSING AND A BREADSTICK	¹⁶ HIP DIPPER CHICKEN PATTY ON A BUN OVEN BAKED SWEET POTATO PUFFS	¹⁷ BIG DADDY'S PIZZA WEDGE
²⁰ NO SCHOOL IN-SERVICE DAY	²¹ MEATBALL HOAGIE ON A WHOLE GRAIN BUN	²² WHOLE GRAIN PIZZA CRUNCHERS	²³ WHOLE GRAIN CORN DOG WITH OVEN BAKED POTATO ROUNDS	²⁴ WHOLE GRAIN CHICKEN STRIPS W/ MASHED POTATOES & GRAVY
²⁷ CRISPY EGGROLL W/ WHOLE GRAIN RICE	²⁸ PERSONAL PIZZA	²⁹ ROASTED BBQ CHICKEN DRUMSTICKS W/ WHOLE GRAIN DINNER ROLL BAKED POTATO		