

February

2012

We believe that good nutrition and a healthy lifestyle are essential to a child's growth, health and well being. Chef Thuy and her team have worked hard to create fun, healthy, mostly organic meals that kids will enjoy while providing convenience and peace of mind to busy, caring parents.

Nutrition Note: In the Mood for Love? Try Olive Oil, the heart-friendly fat with cholesterol lowering properties and polyphenols which help to prevent the clogging of arteries and blood vessels. Selecting healthy oils such as olive oil can reduce your risk of heart attacks and strokes. Choose to Be Heart Smart!

Monday	Tuesday	Wednesday	Thursday	Friday
30 Sm: Quesadilla Lg: Quesadilla & Soup or Salad	31 Sm: Spaghetti & Meatballs Lg: Spaghetti & Meatballs & Soup or Salad	1 Sm: Pork Dumplings Lg: Pork Dumplings & Stir Fried Rice Noodles	2 Sm: Beef Hotdog Lg: Beef Hotdog & Soup or Salad	3 Sm: Pepperoni/Cheese Pizza Lg: Pepperoni/Cheese Pizza & Caesar Salad
6 Sm: Grilled Cheese Lg: Grilled Cheese & Soup or Salad	7 Sm: Chicken Fingers Lg: Chicken Fingers & Fries	8 Sm: Beef Dip Lg: Beef Dip & Soup or Salad	9 Sm: Baked Cheese Ravioli Lg: Baked Cheese Ravioli & Soup or Salad	10 Sm: BBQ Chicken/Cheese Pizza Lg: BBQ Chicken/Cheese Pizza & Caesar Salad
13 Sm: Macaroni & Cheese Lg: Macaroni & Cheese & Soup or Salad	14 Sm: Quesadilla Lg: Quesadilla & Soup or Salad	15 Sm: Hamburger Lg: Hamburger & Fries	16 Sm: Grilled Ham & Cheese Lg: Grilled Ham & Cheese & Soup or Salad	17 Professional Development Day No School
20 Family Day No School	21 Sm: Chicken Sausage Lg: Chicken Sausage & Soup or Salad	22 Sm: Roasted Pork Tenderloin Lg: Roasted Pork Tenderloin & Fried Rice	23 Sm: Beef Tacos Lg: Beef Tacos & Soup or Salad	24 Fun Lunch Today Wylie's Café is Closed for regular service
27 Sm: Potato & Cheese Perogies Lg: Potato & Cheese Perogies & Soup or Salad	28 Sm: Alfredo Chicken Linguini Lg: Alfredo Chicken Linguini & Soup or Salad	29 Sm: Hamburger Lg: Hamburger & Fries		

Wylie's Cafe Menu

Daily lunch special (large comes with soup or salad):

large - \$7.00
small - \$5.75

Starters and Sides:

caesar salad - \$5.50
greek salad - \$5.75
salad of the day - \$5.50
soup of the day - \$3.75

feature side item - \$2.75

Sandwiches/Wraps - \$5.75: With choice of Feature Side Soup/Salad - \$7.00:

(prepared with choice of cheese, veggies & condiments)
house roasted turkey
beef
ham

Snacks:

cereal - \$1.50
house made jello - \$1.50
chips - \$2.00

Desserts:

fresh fruit cup - \$3.00
fresh fruit - \$1.75
cookies/croissants - \$1.75
muffins/banana bread - \$2.00

brownies/rice krispies
squares - \$2.50

Breakfast:

breakfast sandwich - \$5.00
toasted bagel/bread - \$2.75
cereal - \$1.50

Beverages:

2% / Chocolate Milk:
large - \$2.25

small - \$1.50
soy milk - \$1.75
small h2o - \$1.75
large h2o - \$3.00
smoothies - \$2.75
lrg. juice - \$2.75
juice box - \$1.75
hot cocoa - \$1.75
coffee/tea - \$1.75