



FEBRUARY 2012



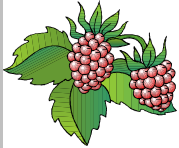
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Cereal and/or Power Alley Bar <u>NW Feature Lunch</u> Nachos, Taco Meat, Cheese, Corn <u>Deli</u> Bagel-fuls, Yogurt, Honey Roasted Sunflower Seeds	31 Cereal and/or Pancake <u>NW Feature Lunch</u> Beef Dippers with Teriyaki Sauce & Rice <u>Deli</u> Ham or Veggie Sandwich, Baked Chips	1 Cereal and/or Yogurt <u>NW Feature Lunch</u> Chili with Beans, Cheese Bread Stick <u>Deli</u> Bean & Cheese Burrito, Baked Tostitos	2 Cereal and/or Oatmeal to Go <u>NW Feature Lunch</u> Cheese Burger, Baked Chips <u>Deli</u> Tuna or Veggie Sandwich, Baked Chips	3 Cereal and/or Cinnamon Roll <u>NW Feature Lunch</u> Galaxy Pizza <u>Deli</u> Peanut Butter & Jelly Pocket, String Cheese
6 Cereal and/or Power Alley Bar <u>NW Feature Lunch</u> Chicken Burger, Goldfish Crackers <u>Deli</u> Grilled Cheese, Goldfish Crackers	7 Cereal and/or Waffle <u>NW Feature Lunch</u> Chicken Caesar Salad, Bread Stick <u>Deli</u> Turkey or Veggie Sandwich, Baked Chips	8 Cereal and/or Yogurt <u>NW Feature Lunch</u> Egg Roll, Beef Dippers, Oriental Rice <u>Deli</u> Tuna or Veggie Sandwich, Baked Chips Fortune Cookie For All!	9 Cereal and/or Goldfish Grahams <u>NW Feature Lunch</u> French Toast, Sausage, Applesauce <u>Deli</u> Ham Wrap, Baked Chips	10 Cereal and/or Cinnamon Roll <u>NW Feature Lunch</u> Stuffed Crust Pepperoni Pizza <u>Deli</u> Bagel-fuls, Honey Roasted Sunflower Seeds, Yogurt
13 Cereal and/or Power Alley <u>NW Feature Lunch</u> Chicken n' Cheese Quesadilla, Seasoned Corn <u>Deli</u> Peanut Butter & Jelly Pocket, String Cheese	14 Cereal and/or French Toast <u>NW Feature Lunch</u> Corn Dog, Chicken Noodle Soup <u>Deli</u> Sub or Veggie Sandwich, Baked Chips 	15 Cereal and/or Yogurt <u>NW Feature Lunch</u> Fish Burger, Baked Tater Tots <u>Deli</u> Turkey or Veggie Sandwich, Baked Chips	16 Cereal and/or Muffin <u>Harvest of the Month</u> Galaxy Pizza, Homemade Raspberry Square <u>Deli</u> Bagel-fuls, Honey Roasted Sunflower Seeds, Yogurt 	17 No School Mid-Winter Break 
20 No School Presidents Day 	21 Cereal and/or Power Alley <u>NW Feature Lunch</u> Cheeseburger, Baked Chips <u>Deli</u> Grilled Cheese, Orange Smiles	22 Cereal and/or Yogurt <u>NW Feature Lunch</u> Chicken Nuggets, Baked Wedges <u>Deli</u> Tuna or Veggie Sandwich, Baked Chips	23 Cereal &/or Teddy Grahams <u>NW Feature Lunch</u> Mac n Cheese, Green Salad <u>Deli</u> Turkey or Veggie Sandwich, Baked Chips	24 Cereal and/or Cinnamon Roll <u>NW Feature Lunch</u> Stuffed Crust Pepperoni Pizza <u>Deli</u> Peanut Butter & Jelly Pocket, Honey Roasted Sunflower Seeds
27 Cereal and/or Power Alley Bar <u>NW Feature Lunch</u> Bean & Cheese Burrito, Mexi Rice <u>Deli</u> Bagel-fuls, Yogurt, String Cheese 	28 Cereal and/or Pancake <u>NW Feature Lunch</u> Chicken Nuggets with Sweet & Sour Sauce, Rice <u>Deli</u> Ham or Veggie Sandwich, Baked Chips	29 Cereal and/or Yogurt <u>NW Feature Lunch</u> Hot Dog, Green Beans, Baked Chips <u>Deli</u> Tuna or Veggie Sandwich, Baked Chips Got Milk Cookie For All!	1 Cereal and/or Oatmeal to Go <u>NW Feature Lunch</u> French Toast, Sausage, Applesauce <u>Deli</u> Ham & Turkey Wrap, Baked Chips	2 Cereal and/or Cinnamon Roll <u>NW Feature Lunch</u> Galaxy Pizza <u>Deli</u> Peanut Butter & Jelly Pocket, Honey Roasted Sunflower Seeds

Lunches include Nonfat Chocolate or 1% White Milk and a Trip through our Fresh Fruit & Veggie Bar!

We Live in Raspberry Heaven

Take a drive around Whatcom County and you will see acre upon acre of raspberry fields. Our county has all the right ingredients for raspberry growing -- fertile soil, cool climate, and skilled farmers. In fact, Whatcom County is the top producer of raspberries in the state, and our state produces over 60% of our country's berries. This past summer, the local harvest broke the record – 66.3 million lbs. of raspberries in one season.

Get out there and pick some for yourself next summer!



REMINDER

New applications for Free & Reduced Meals may be turned in anytime throughout the school year. Applications can be picked up at your school or found online at the Bellingham School District Website at bellingshamschools.org. Completed forms can be turned in to your school or Central Services.

FREE AND REDUCED INCOME GUIDELINES 2011-12

Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	\$20,147	\$ 1,679	\$ 840	\$ 775	\$ 388
2	27,214	2,268	1,134	1,047	524
3	34,281	2,857	1,429	1,319	660
4	41,348	3,446	1,723	1,591	796
5	48,415	4,035	2,018	1,863	932
6	55,482	4,624	2,312	2,134	1,067

MEAL PRICES

Breakfast		Lunch	
Full Price	\$1.50	Full Price	\$2.75
Reduced	Free	Reduced	\$0.40
Adults	\$2.25	Adults	\$4.00
Milk Only	\$.50		



The February Harvest of the Month feature is ...

FROZEN RASPBERRIES!

Try them in school lunch on **Thursday, February 16.**

A recipe for you to try at home...

Raspberry Muffin Squares

Preparation time: 15 minutes, plus 25 minutes to bake, Serves 16

Ingredients:

1 cup all purpose flour
 1 ¼ cups whole wheat flour
 3 ½ tsp. baking powder
 1/3 cup brown sugar
 ½ teaspoons salt
 1 egg
 1 cup 1% milk
 ¼ cup vegetable oil
 ¾ tsp. almond extract
 2 cups raspberries, fresh or frozen

For Topping:

1/3 c rolled oats
 2 tsp. whole wheat flour
 2 tsp. vegetable oil
 2 tsp. brown sugar



What to do:

- Preheat the oven to 425°F.
- Stir together the flours, baking powder, brown sugar, and salt in a large mixing bowl.
- In a separate bowl combine the eggs, milk, oil and almond extract.
- Add to the dry ingredients and stir only until dry ingredients are moistened. Do not over mix.
- Pour the batter into an 8 x 8 inch baking pan lightly coated with non-stick spray. Evenly distribute the raspberries over the top of the batter. Gently press the berries into the batter.
- Combine the rolled oats, whole wheat flour, brown sugar and vegetable oil in a bowl and mix well. Evenly distribute topping over raspberries.
- Bake until lightly browned and springy when pressed in the center, about 20 - 25 minutes. Remove from oven and cool. Cut into 16 pieces.

Nutrition information per serving: 141 calories, 4 g fat, 1 g saturated fat, 164 mg sodium, 22 g carbohydrate, 3 g fiber, 4 g protein.

Recipe adapted from *USDA Recipes for Schools Muffin Squares*.

Creating lifelong healthy eaters by connecting the cafeteria to the classroom and the community