

# CRAWFORD COUNTY CAREER & TECHNICAL CENTER BREAKFAST/LUNCH MENU

## FEBRUARY 2010



### Pizza

Plain, or Pepperoni

### Chicken Patties

Chicken Patty Sandwiches  
Available Daily

### Burgers

Hamburgers & Cheeseburgers  
Available Daily

All are served with a choice of vegetable, fruit and milk.



Chef Salads are  
Available Daily

Chef Salad offered  
daily with a choice of bread,  
fruit, and low fat milk

**Cafeteria Manager**  
Caren Flowers  
Phone: 814-333-6439



- 2/01—BBQ Ham Sandwich or Deli Bar, Fresh Veggies or Tossed Salad.  
2/02—Cream Chicken over Biscuits or Chicken Nuggets w/ Bread Slice, Broccoli or French Fries.  
2/03—Chicken Fajitas or Tacos, Corn or Mashed Potatoes & Gravy  
2/04—Goulash w/ Bread Slice or Mini Corn Dogs, Mixed Veggies or Tossed Salad  
2/05—Double Dogs or Meat Lovers Pizza, Tator Tots or Peas
- 2/8—Nachos w/meat & cheese or Turkey & Cheese Sandwich, Tossed Salad or Mixed Vegetables  
2/9—Grilled Cheese or Chicken Nuggets w/ Bread Slice, Tossed Salad or Tomato Soup, Fruit Crisp  
2/10—BLT Burger or Chicken Strips w/ Bread Slice, Green Beans or Tossed Salad  
2/11—Sloppy Joe on Bun or Italian Dunkers, Tator Tots, Tossed Salad  
2/12—Combo Hoagie or Popcorn Chicken Salad w/ Bread Slice, French Fries or Broccoli
- 2/15—Beefaroni w/Bread slice or Chef's Choice, Corn or Fresh Vegetables w/dip  
2/16—Mini Corn Dogs or Bacon Cheeseburger, Tossed Salad or Green Beans.  
2/17—Fish Sandwich or Mac & Cheese w/ Bread Slice, Tossed Salad or Tator Tots.  
2/18—Meatball Sub or Hot Turkey Sandwich, Mashed Potatoes & Gravy or Tossed Salad  
2/19—Tuna Noodle Casserole w/ Bread Slice or Meat Lovers Pizza, Tossed Salad, Carrots
- 2/22—Chicken Nuggets w/ Bread Slice or Chef's Choice, Broccoli or Tossed Salad  
2/23—Turkey & Cheese Wrap or Chicken Strips w/ Bread Slice, Tossed Salad, Mixed Veggie  
2/24—Hot Sicilian Hoagie or Nachos w/ Meat Sauce, Fresh Veggies w/ Dip or Tossed Salad  
2/25—Cheese Quesadilla w/ Bread Slice or Buffalo Cheeseburger, Corn or Buttered Noodles  
2/26—Chili & Cheese Baked Potato w/ Bread Slice or Italian Dunkers, Tossed Salad or Peas

Each entrée served with vegetable, and choice of fruit and low fat milk  
Fresh fruit & fresh vegetable varieties available daily.

*All ground meat items may contain a combination of ground beef and turkey.  
All menu items are subject to change.*

**Lunch Prices- Paid: \$1.75**  
**Reduced \$0.40**



**Oris Spunkmeyer**  
*(It...so Good!)*

Cookies available daily!  
Baked Fresh, low-fat,  
& sold ala carte  
\$.25 each!



Available daily:  
Assorted Whole Grain Cereal  
Or  
Healthy Breakfast Pastries Choices

Breakfast is served with choice of  
Fruit and Low Fat Milk

**Breakfast Price**  
**Paid \$1.00**  
**Reduced \$0.30**



We offer 2% White,  
and Low Fat flavored milk daily.

**Additional nutritious  
beverages are available  
ala carte.**

In order to qualify for a reimbursable lunch, you must choose 3, 4 or 5 items from these components: Meat/Meat alternate, Fruit and/or Vegetable, Bread and Milk.

In order to qualify for a reimbursable breakfast, you must choose 3 of the 4 components: Meat/Meat alt, or Bread/Bread alt, or Meat/Bread, Fruit and Milk.