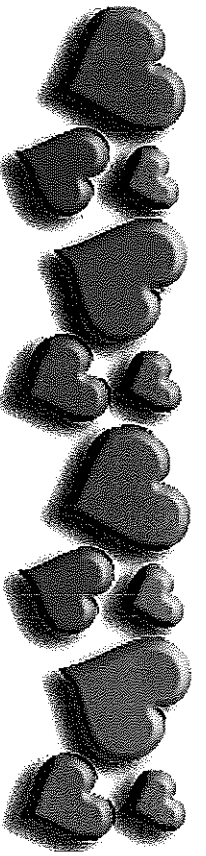


The Maritime Academy of Toledo
Lunch Menu
February 2010



Mon Tue Wed Thu Fri

1 Soft Beef Tacos Mexican Corn Pineapple Chunks Milk	2 Foot Long Hotdog Baked Beans Tropical Fruit Milk	3 Chicken Nuggets Mac & Cheese Tossed Salad Peaches Milk	4 Cheesburger Mandarin Oranges Carrots Milk	5 Pizza Veggie Sticks Apple Oatmeal Cookie Milk	DAILY FOOD RECOMMENDATIONS Lean Meat 2 ozs. Cheese 2 ozs. Dry Beans/Pears 1 cup Vegetables 3/4 cup Fruit 1/2 cup Bread 2 slices Milk 1/2 pt.
8 Walking Taco Lettuce, Cheese, Salsa Pineapple Chunks Milk	9 Breaded Pork Fritter Buttered Corn Tropical Fruit Milk	10 Spaghetti w/ Meat Sauce Tossed Salad w/ Dressing Applesauce Wheat Roll Milk	11 BBQ Pork Patty Green Beans Pears Milk	12 Pizza Veggie Sticks w/ Dip Orange Chocolate Chip Cookie Milk	
15 NO SCHOOL PRESIDENTS DAY	16 Popcorn Chicken Cheesy Rice Wheat Roll Fruit Cup Milk	17 Spaghetti w/ Meat Sauce Tossed Salad Breadstick Milk	18 Hot Turkey Sandwich Mashed Potatoes Peas Applesauce Milk	19 Supreme Pizza Italian Salad Breadstick Milk	
22 Chicken Fajita Spanish Rice, Corn Lime Jello Milk	23 Macaroni & Cheese w/ Ham Green Beans Wheat Roll, Fruit Cup Milk	24 Turkey Pot Pit Carrots, Cole Slaw Bread Stick Milk	25 Sloppy Joe Tater Tots Peas Milk	26 South of the Border Pizza Salad, Corn Chocolate Chip Cookie Milk	
<p>"Don't look down on anyone unless you are helping them up"</p>					