

C.W. Stanford Middle School

308 Orange High School Rd  
Hillsborough, NC 27278  
Tel: 919-732-6121 Fax: 919-732-6910

A.L. Stanback Middle School

3700 NC 86 South Hillsborough, NC 27278  
Phone (919)644-5200 Fax (919)644-5226  
Home of the Bulldogs!



Gravelly Hill Middle School

4801 West Ten Road  
Efland, NC 27243



February 2012

**Basket Line**

**The Essentials**

**Traditional School Lunch Daily Menu**

Monday	Country Style Steak w/Gravy, Steamed Rice, Green Beans, Chilled Fruit, Fresh Fruit, Wheat Roll
Tuesday	Roasted Chicken, Mashed Potatoes, Winter Mix, Fresh Fruit, Fruit Cup, Wheat Roll
Wednesday	Turkey w/ Gravy, Steamed Rice, Peas and Carrots, Sweet Potatoes, Fresh Fruit, Fruit Cobbler, Wheat Roll
Thursday	Nachos or Fajita, Broccoli, Refried Beans, Baby Carrots, Sweet Potato Tots, Fresh Fruit
Friday	Chicken BBQ, Steamed Cabbage, Sweet Potato Fries, Corn, Fruit Cup, Corn Muffin
	You choose.... An entrée, three sides (Vegetable ,garden salad, assorted fruit, bread) and /or milk.

**Super Bowl XLVI Meal February 3, 2012**  
Hot Dogs w/ Toppings, Baked Beans, California Blend, Coleslaw, Fresh Fruit

**Black History Month Meal February 9, 2012**  
Ham, Blackeye Peas, Seasoned Collard Greens, Mixed Fruit, Fruit Cobbler , Wheat Roll

**Chef Salads Choices will be offered daily.**

**Breakfast Prices**

\$1.30 Paid .00 Reduced .00 Free Adult A la carte

**Lunch Prices**

\$2.30 Paid .40 Reduced .00 Free Adult A la carte

MONDAY	Chicken Tenders
TUESDAY	Beef Teriyaki Bites
WEDNESDAY	Corndog
THURSDAY	Cheese Sticks
FRIDAY	Cheeseburger
	You choose.... An entrée, three sides (Vegetable ,garden salad, assorted fruit, bread) and /or milk.

**G.A.F.É. WEEK**

**Colors Assorted for Foods Everyday February 13- February 17, 2012 (See back of menu for information)**

**Available Daily:**

Breakfast & Lunch  
1% Milk (Unflavored)  
Skim Milk (Unflavored & Chocolate)

**Breakfast Menu**

**Lunch Menu**

Students may select one main dish & 3 sides and/or bread and/or milk.

Free and Reduced applications are available.

Menu can change according to availability.

**Extra! Extra!!**

MONDAY	Double Cheeseburger
TUESDAY	Red Baron Pizza*
WEDNESDAY	Buffalo Wings w/ Wheat Roll
THURSDAY	Chicken Chunks w/ Wheat Roll
Friday	Spicy Chicken Sandwich*

\* These items cost \$2.50. They are a la carte.

\* These items cost \$2.50. They are a la carte.

Ham or Turkey w/ Cheese Wraps and Deli Subs are Available Daily.

**Sunrise Selections**



**Daily Entrée:**

Monday	Sausage w/ English Muffin
Tuesday	Grits, Ham and Eggs
Wednesday	Steak Biscuit
Thursday	Egg and Cheese Biscuit
Friday	Manager's Choice Breakfast

Plus: Cereal with toast, grits or oatmeal, fresh fruit, 100% fruit juice, and milk will be offered.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, gender (male or female), age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

## February

- CAFE Week
- Black History Month
- Valentine's Day
- Sweet Potato Month



## C.A.F.É. WEEK Colors Assorted for Foods Everyday February 13- February 17, 2012

**Monday- Green**  
**Tuesday- Red**  
**Wednesday- Yellow/White**  
**Thursday- Purple**  
**Friday- Orange**

### Celebrate American Heart Month

February is American Heart Month, a time dedicated to raising awareness of the leading cause of death in the U.S. — cardiovascular disease.

This February, celebrate American Heart Month by learning more about a heart-healthy diet that includes foods:

- **Low in saturated and trans fats.** Saturated fats are found in some meats, dairy products, baked goods and deep-fried and processed foods. Trans fats are found in some fried and processed foods. Both types of fat raise your LDL or "bad" cholesterol level.
- **High in omega-3 fatty acids.** Foods high in omega-3s include fish and olive oil.
- **High in fiber,** whole grains, fruits and vegetables. A diet rich in these foods helps lower LDL cholesterol and provides nutrients that may help protect against heart disease.
- **Low in salt.** A low-salt diet can help manage blood pressure and help reduce the risk of heart disease and stroke.

Also, be sure to take part in at least thirty minutes of physical activity every day.

Monday, February 13

Breakfast Pizza  
100% Apple Juice

Chicken Nuggets  
Baked Fries  
Spinach  
Green Apple  
Wheat Roll

C.A.F.E. Week

Tuesday, February 14

Bagel w/ Cream Cheese  
100% Fruit Juice or Fresh Fruit

Happy Valentine's Day

New Orleans Chicken  
Steamed Rice  
Green Peas  
Red Apple  
Fruited Jello  
Wheat Roll

Wednesday, February 15

Sausage Biscuit  
100% Fruit Juice

Fish Portion  
Deli Roasters  
California Blend  
Banana  
Chilled Pears  
Corn Muffin

Now Available!

Sugar Free Jelly and Syrup available upon request.

Thursday, February 16

Chicken Biscuit  
100% Fruit Juice or Fresh fruit

BBQ Rib Sandwich  
Parsley Potatoes  
Turnip Greens  
Grapes  
Mixed Fruit

Friday, February 17

Grits, Ham and English Muffin  
100% Fruit Juice

Deli Turkey Wrap or Manager's Choice  
Glazed Carrots  
Sweet Potato Fries  
Garden Salad  
Orange



## LUNCH PRICES

**2.30 PAID  
.40 REDUCED  
.00 FREE  
ADULTS- A LA  
CARTE**

## BREAKFAST PRICES

**1.30 PAID  
.00 REDUCED  
.00 FREE  
ADULTS- A LA  
CARTE**