



# Analy Food Court & Snack Bar

Analy High School Food Services  
[www.analyhighschool.org/fs](http://www.analyhighschool.org/fs)

## Mr. Casey's Eco Action Class Makes Homemade Lasagna for Feb. 1<sup>st</sup> Lunch

Mr. Casey's Eco Action students are back in the cafeteria kitchen working with local farmer Milo Mitchell from Three Leaf Farms using locally grown vegetables to create homemade lasagna.

Don't miss out on the yummy lasagna available Feb. 1 at lunch!



For Sonoma County:  
February - Beets  
March - Cabbage  
April - Carrots  
May - Strawberries



Analy Food Court Will Be Serving the Following Produce from Local Farms:

Three Leaf Farms - Apples, Lettuce, Cucumbers, Kale, Potatoes, Squash, Sweet Corn, Radishes  
Klopp Ranch: Bartlett Pears, Asian Pears

### FREE/REDUCED MEAL APPLICATIONS

- Apply Online at [www.schoolunchapp.com](http://www.schoolunchapp.com)
- Paper applications available at the Analy Food Court or at the school office.
- Apply anytime during the school year

Fuel Up for the Day!  
Remember to eat a healthy breakfast at the Analy Food Court or Snack Bar



Never worry about carrying cash again. Go to MyNutrikids.com to set up your school meal account and prepay online and track your purchases and account balance!! Or prepay with check or cash at the Analy Food Court. Make checks payable to Food Services.

#### Forget your lunch money?

- You may charge up to \$10.00 on your meal account for meals only.
- A la Carte snacks and beverages (items sold individually) cannot be charged.
- All charges must be paid off by the end of each semester.
- Go to [www.elmolino.org/foodservice](http://www.elmolino.org/foodservice) for more information.

Build Healthy Bones with Nonfat or 1% White Milk, or Nonfat Chocolate Milk

The U.S.D.A. is an equal opportunity provider and employer.

### Want Fast Service??

The Tiger Snack Shack in the cafeteria is now open for brunch & lunch featuring:

- Snacks and Beverages sold individually
- Grab and Go Combo Meals

### A la Carte Menu

Healthy Snacks & Beverages Sold Individually at the Snack Bar

#### Snacks

50¢: Large Chocolate Chip or Double Chocolate Cookie, Chex Mix, Corn Nuts, Sunflower Seeds, Cheez-its

#### 50¢ Milk & Cookie Special!!

Buy a Fresh Baked Cookie (Double Chocolate or Chocolate Chip) for 50¢ – Get milk free!!

75¢: Push-Up Rainbow Ice Cream, Fudge Bar Ice Cream, Baked Lays Chips, Flamin' Hot Cheetos, Sour Worms, Gummy Bears, Blueberry or Chocolate Chip Muffins, Linda's Brownies

#### Beverages

50¢: Milk – White or Chocolate  
75¢: DeJaBlue Water  
\$1.00: 8 oz Slushies, 8 oz Hot Chocolate or French Vanilla, All Sport, 12 oz Gatorade, Fizz Ed, Snapple Can  
\$1.50: 12 oz Slushies, 12 oz Hot Chocolate or French Vanilla, 12 oz Mocha's w/Coffee, 20 oz Gatorade, Talking Rain Sparkling ICE

# ANALY FOOD COURT BRUNCH MENU FOR WINTER 2011

*An assortment of Grab & Go brunch meals will be available daily at the Snack Bar*

**Monday:** Full Breakfast Meal: Waffles, Syrup and Pork Sausage Patty  
Hot Sandwich: Pork Sausage and Cheese on an English Muffin

**Tuesday:** Hot Sandwich: Ham and Cheese on a Croissant

**Wednesday:** Full Breakfast Meal: French Toast and Pork Sausage Links  
Hot Sandwich: Pork Sausage Croissant

**Thursday:** Full Breakfast Meal: Omelet with Pork Sausage or Build Your Own  
Breakfast Burrito Hot Sandwich: Ham and Cheese on a Croissant

**Fridays:** Full Breakfast Meal: Waffles, Strawberries & Whipped Cream  
Hot Sandwich: Pork Sausage on English Muffin

**Offered Daily in Addition to the Brunch Specials, when available:** Breakfast Burrito, UBR's (Ultimate Breakfast Rounds), Kellogg's Pop Tarts, Cini-Minis, Oatmeal, Cereal (2 bowls), Yogurt & Breakfast Bar, Granola Bars, Bagel & Cream Cheese  
Alternate Breakfast Entree: Cereal (2 bowls)

***Try the Full Meal Deal for Only \$1.75!***

## **Analy Food Court Brunch Prices**

<b>Student Brunch.....</b>	<b>\$1.75</b>
<b>Reduced Student Brunch.....</b>	<b>30¢</b>
<b>Free Student Brunch.....</b>	<b>no charge</b>
<b>Adult Brunch.....</b>	<b>\$2.25 plus tax</b>

**A complete breakfast meal is served at brunch and includes entrée, milk and fruit or fruit juice.**

***Ice water dispenser available in the cafeteria. Help yourself to complimentary ice water.***

*Offer Verses Serve: State and federal guidelines specify what components qualify as a complete lunch. You can take all of the items or mix and match. Ask the cashier if you are not sure what items make a complete meal.*

## *Served Daily in Addition to the Lunch Specials*

*An assortment of Grab & Go Lunch meals will be available daily at the Snack Bar*

- **Fresh Salad Bar – Serve Yourself!!**
- **Deli Sandwich Variety (choices could include Turkey & Ham Sub, Turkey Pesto, Turkey or Ham Sandwiches)**
- **Spicy Chicken Sandwich**
- **Smucker's Uncrustables**
- **Cheese or Pepperoni Pizza**
- **Hamburger or Cheeseburger**
- **PB&J Sandwich**

**Alternate Lunch Entree: PB&J Sandwich**

### ***Try the Full Meal Deal for only \$3.00!!***

#### **Analy Food Court Lunch Prices**

Student Lunch.....	\$3.00
Reduced Student Lunch.....	40¢
Free Student Lunch.....	no charge
Adult Lunch.....	\$3.50 plus tax

**Your Full Meal Lunch Deal Includes an Entrée, Milk, Fruit or Fruit Juice, Side or Side Salad from the Salad Bar. A Mini-Treat is included with each meal. The menu is subject to change.**

***Ice water dispenser available in the cafeteria. Help yourself to complimentary ice water.***

*Offer Verses Serve: State and federal guidelines specify what components qualify as a complete lunch. You can take all of the items or mix and match. Ask the cashier if you are not sure what items make a complete meal.*



# February 2012

## LUNCH SPECIALS

# Winter Menu

18 serving days

**NEW!!!! Fresh Salad Bar Available Daily!!**

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	
	<b>What's Mr. Casey's Eco Action Class</b> <b>Cooking Up Now?</b> <b>Look for Homemade Lasagna Feb. 1</b>	<b>TUESDAY IS</b> <b>Pizza &amp; Salad Bar</b> <b>Day at the</b> <b>Analy Food Court</b>	<b>1</b> <b>Lasagna Made by</b> <b>Mr. Caseys'</b> <b>Eco Action Class</b> Breadstick, Serve Yourself Side Salad, Fruit & Treat	<b>2</b> <b>Parmesan Chicken Sandwich</b> Chips, Serve Yourself Side Salad, Fruit & Treat	<b>3</b> <b>Zesty Tamales</b> With Rice, Beans, Serve Yourself Side Salad, Fruit & Treat		
5	<b>6</b> <b>Nacho Bar</b> Build your killer own nachos with chips, cheese, beef, chili, onions, sour cream, salsa & jalapeños. Serve Yourself Side Salad, Fruit & Treat	<b>7</b> <b>Red Barron French Bread Pizza</b> Cheese & Pepperoni Pizza Serve Yourself Side Salad, Fruit & Treat	<b>8</b> <b>Oven Fried Chicken</b> Mashed potatoes & gravy, seasonal veggie, biscuit, Serve Yourself Side Salad, Fruit & Treat	<b>9</b> <b>Barbecue Rib Sandwich</b> Chips, Serve Yourself Side Salad, Fruit & Treat	<b>10</b> <b>Mandarin Orange Chicken Over Rice</b> Serve Yourself Side Salad, Fruit & Treat	11	
12	<b>13</b> <b>Soup &amp; Sandwich Bar</b> Choose a sub or grilled cheese sandwich and a seasonal soup, Serve Yourself Side Salad, Fruit & Treat	<b>14</b> <i>Happy Valentine's Day</i> ♥♥♥ <b>Big Daddy Pizza</b> Chicken Pesto, Cheese & Pepperoni Pizza Serve Yourself Side Salad, Fruit & Treat	<b>15</b> <b>Spicy Chicken Sandwich</b> Chips, Serve Yourself Side Salad, Fruit & Treat	<b>16</b> <b>No School</b> <i>Have fun!</i>	<b>17</b> <b>No School</b> <i>Have fun!</i>	18	
19	<b>20</b> <b>No School</b> <i>President's Day</i>	<b>21</b> <b>Big Daddy Pizza</b> Chicken Pesto, Cheese & Pepperoni Pizza Serve Yourself Side Salad, Fruit & Treat	<b>22</b> <b>Baked Ranch Chicken,</b> Mashed potatoes & gravy, seasonal veggie, roll, Serve Yourself Side Salad, Fruit & Treat	<b>23</b> <b>49er All Beef Hot Dog</b> w/ all the toppings, chips, Serve Yourself Side Salad, Fruit & Treat	<b>24</b> <b>BLT Croissant Sandwich</b> Serve Yourself Side Salad, Fruit & Treat	25	
26	<b>27</b> <b>Taco Bar</b> beef, chicken, cheese, salsa, sour cream, jalapeños, lettuce, Serve Yourself Side Salad, Fruit & Treat	<b>28</b> <b>Big Daddy Pizza</b> Chicken Pesto, Cheese & Pepperoni Pizza Serve Yourself Side Salad, Fruit & Treat	<b>29</b> <b>Meatloaf</b> Mashed potatoes & gravy, seasonal veggie, biscuit, Serve Yourself Side Salad, Fruit & Treat	<b>Don't want what's on the menu?</b> <b>Have the Salad Bar!</b> Fresh salad bar available daily. Enjoy a full salad bar meal or a side salad with any entree 			