



butterbeans

all natural meals seasoned with love
www.ButterBeansKitchen.com

February

What's for lunch? 

2012

Where does Butter Beans milk come from? We buy our milk from a company called Hudson Valley Fresh, located in upstate New York. We think it's important to offer farm fresh milk that is local and tastes delicious. Buying locally, and from a reputable company not only provides us with fresher, more nutrient-rich milk, but it helps grow and maintain local jobs, and helps care for the environment. The cows are also treated well, the farmers really love what they do, and it shows!

Did you know: The yellow color that butter has comes mainly from beta-carotene found in the grass that the cows graze on.

History: Cows like to have lots of space to roam and munch on grass and hay. Only female cows that have given birth to calves are milked, and their babies also drink their milk for nourishment. Once they are milked, their milk gets sent to a facility to prepare and bottle it up so we can deliver it to you. We hope you enjoy it!

Why milk is great: Milk contains vitamin D, which helps the body absorb calcium. Vitamin D and calcium help maintain strong bones, teeth and build muscle, so you can grow strong! People who have trouble digesting milk, can still get plenty of vitamin D and calcium by eating dark leafy green vegetables, beans, tofu and nuts.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6	7	8	9	10	
	Chicken + sausage paella or baked chicken + Baked potato fries + Steamed peas Sandwich: Turkey + cheese Veg: Veggie + rice + green bell peppers	*/** Baked ziti + Steamed green beans + Curried cauliflower Sandwich: Ham + cheese Veg/GF: Rice noodles with tofu + broccoli	Beef Hot Dogs + Steamed broccoli + */**Corn bread Sandwich: Salami + cheese Veg: */***Zucchini fritters	Pork tacos + Steamed corn + *Cajun style sweet potatoes Sandwich: Sunflower butter + jelly Veg: Rice + bean tacos	***Chicken pad thai + Roasted carrots + Steamed edamame Sandwich: Turkey + cheese Veg: Veggie pad thai	
	13	14	15	16	17	
	Baked chicken + Steamed peas + Refried pinto beans Sandwich: Ham + cheese Veg: *White corn + black bean quesadillas	*/**Mac and cheese with ham on the side + Roasted carrots + Brussels sprouts Sandwich: Turkey + cheese Veg: */***Leek fritters with *tzatziki sauce	Ranch turkey burgers + Sweet potato fries + */**Cauliflower gratin Sandwich: Salami + cheese Veg: Portobello burgers	Roasted turkey with cranberry sauce on the side + Veg. baked beans + Green beans Sandwich: Salami + cheese Veg: Stewed white beans +tomatoes	Chicken chow fun + Steamed broccoli + **Roasted squash wedges Sandwich: Sunflower butter + jelly Veg: Vegetable chow fun with tofu	
	20	21	22	23	24	
			Turkey hot dogs + Sweet potato fries + Vegetarian baked beans Sandwich: Salami + cheese Veg: Herb tofu	**/***/**** Mushu pork + Jasmine rice + Steamed carrots Sandwich: Sunflower butter + jelly Veg: */***Zucchini fritters	***Spaghetti + */**/** meatballs + Steamed corn + *Cheesy broccoli Sandwich: Turkey + cheese Veg/GF: Rice noodles + edamame	*Contains dairy **Contains gluten ***Contains egg ****Contains sesame
	27	28	29	1	2	
	Baked chicken +Roasted potatoes + Steamed broccoli Sandwich: Ham + cheese Veg: */***/****Corn fritters with Thai slaw	*/**Cheese tortellini with alfredo sauce + ham on the side + Steamed peas + Squash Sandwich: Turkey + cheese Veg/GF: Glazed root vegetables	Grass-fed beef burgers + Roasted carrots + Baked potato fries Sandwich: Sunflower butter + jelly Veg: Warm lentil + chickpea salad	Singapore noodles with chicken + Steamed broccoli + Peas and onions Sandwich: Ham + cheese Veg: Vegetable +rice stuffed bell peppers	Chicken fajitas + Steamed green beans + Steamed green beans Sandwich: Salami + cheese Veg: Vegetable + red bean fajitas	Fresh seasonal fruit and veggies will be served with lunch daily